

Columbia Athletic Club Group Fitness Classes

Updated and effective **March 1, 2023**. **All classes require preregistration** (see box below). Schedule and instructor may change without notice. Members age 10-13 may attend group fitness classes only when accompanied by a parent or legal guardian during the entire class. Class size is limited to allow for physical distancing. Walk-in on a space available basis only; check at the front desk. Shoes are required in all classes except Yoga, Barre, Yoga Sculpt and Pilates. **Please be in the studio ten minutes before BodyPump and five minutes before all other classes or your space may be given away. If you can't keep your class reservation, please cancel online or call the club as soon as possible.** Advance reservations privileges may be suspended after 3 no shows without cancellation. **For safety and courtesy, refrain from entering class once it has started.** Questions? Email Group.Fitness@ColumbiaAssociation.org. Schedule subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am MyCycle (45 min) CD C	5:45am MyCycle (45 min) CD C	5:45am MyCycle (45 min) CD C	5:45am BodyPump™ (60 min) ST 1	5:45am MyCycle (45 min) CD C	NEW 7:45am Recover (15 min) RE 1	8:15am Total Body Barre (45 min) CD ST 1
6:00am Basic Training (60 min) CD ST	5:45am BodyPump™ (45 min) ST 1	6:00am Basic Training (60 min) CD ST	9:30am Aqua Arthritis (45 min) ST P	6:00am Basic Training (60 min) CD ST	NEW 8:00am HIIT45 (45 min) CD ST 1	9:15am BodyPump™ (60 min) ST 1
9:00am Mat Pilates (45 min) MB ST 2	9:00am Qigong (60 min) MB 2	9:15am Yoga (60 min) MB 2	10:00am MyCycle (45 min) CD C	9:30am LaBlast® and Tone (45 min) CD ST 1	9:00am LaBlast® (45 min) CD 1	9:30am MyMusic (45 min) CD C
9:30am Aqua Arthritis (45 min) ST P	9:30am Cardio Tone (45 min) CD ST 1	9:30am BodyPump™ (45 min) ST 1	NEW 10:30am Yoga (60 min) MB 2	9:30am MyMusic (45 min) CD C	9:15am MyMusic (45 min) CD C	9:30am Yoga (60 min) MB 2
9:45am Build Your Bones (45 min) ST 1	10:30am Aqua Arthritis Plus (45 min) CD ST P	9:30am Aqua Yoga (45 min) MB P	10:45am LaBlast® (45 min) CD 1	10:30am Yoga (60 min) MB 2	9:30am Yoga (60 min) MB 2	10:30am Athletic Step (45 min) CD 1
10:30am Yoga (60 min) MB 2	10:30am Yoga (60 min) MB 2	10:30am Yoga (60 min) MB 2	12:00pm Build Your Bones (45 min) ST 1	10:30am MyCycle (45 min) CD C	9:50am Les Mills Core™ (30 min) ST 1	10:30am Aqua Arthritis (45 min) ST P
10:45am Cardio Tone (45 min) CD ST 1	10:45am BodyPump (45 min) ST 1	10:45am LaBlast® (45 min) CD 1	4:00pm Aqua Yoga (45 min) MB P	12:00pm Build Your Bones (45 min) ST 1	10:30am BodyPump™ (45 min) ST 1	11:30am Body Sculpt (45 min) ST 1
12:00pm Fit Essentials (45 min) CD ST 1	12:00pm Build Your Bones (45 min) ST 1	12:00pm MyCycle (45 min) CD C	5:30pm Cardio Dance Party (45 min) CD 1	NEW 10:45am Build Your Bones (45 min) ST 1	11:00am Aqua Arthritis Plus (45 min) CD ST P	
NEW 12:00pm Aqua Arthritis Plus (45 min) CD ST P	12:00pm Build Your Bones (45 min) ST 1	12:00pm Joints in Motion (55 min) ST 1	6:30pm BodyPump™ (45 min) ST 1	12:00pm Fit Essentials (45 min) CD ST 1	12:00pm Fit Essentials (45 min) CD ST 1	
NEW 1:00pm Joints in Motion (45 min) ST 1	5:15pm LaBlast® (45 min) CD 1	1:00pm Tai Chi (60 min) MB 2	4:00pm Ai Chi (45 min) MB ST P	5:30pm Aqua Arthritis (45 min) ST P	NEW 10:45am Yoga (60 min) MB 2	
5:30pm Total Body Barre (45 min) CD ST 1	6:00pm Flow Yoga (60 min) MB 2	4:00pm Ai Chi (45 min) MB ST P	6:00pm MyCycle (45 min) CD C	5:30pm Aqua Arthritis (45 min) ST P	11:00am Aqua Arthritis (45 min) ST P	
6:00pm Yoga (60 min) MB 2	6:05pm Les Mills Core™ (30 min) ST 1	6:00pm MyCycle (45 min) CD C	6:00pm Total Body Barre (45 min) CD ST 1	5:30pm MyMusic (45 min) CD C		
6:30pm MyMusic (45 min) CD C	6:30pm Aqua Arthritis (45 min) ST P	6:00pm Total Body Barre (45 min) CD ST 1	NEW 7:30pm Mat Pilates (30 min) MB ST 1	5:30pm Flow Yoga (60 min) MB 2		
6:30pm Kickboxing (45 min) CD 1	6:30pm Aqua Arthritis (45 min) ST P	7:00pm Zumba® (45 min) CD 1				
NEW 7:15pm Recover (15 min) RE 1	6:45pm BodyPump™ (60 min) ST 1 *					

Registration procedures:

All classes require preregistration. Preregister online, through the app, in person, or by calling Columbia Athletic Club, 410-730-6744.

CA Fit&Play, Golf Fit&Play, 5Day Golf&Play may register 48 hours in advance.

1Fit members may register for classes at their club 24 hours in advance.

Class location

- 1 Studio 1
- 2 Studio 2 (Yoga)
- C Cycle Studio
- P Pool

Class type

- CD Cardio
- ST Strength
- MB Mind/Body
- RE Recover