

Columbia Gym Group Fitness Classes

Updated and effective **March 1, 2023**. See box below for registration procedures. 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 BodyStep™ (45 min) CD ST 1	8:00am BodyPump™ (45 min) ST 1	5:30am BodyPump™ (60 min) ST 1	5:30am BodyStep™ (30 min) CD ST 1	8:00am BodyPump™ (60 min) ST 1	7:00am BodyPump™ (60 min) ST 1	8:00am BodyStep™ (45 min) CD ST 1
9:15am BodyStep™ (45 min) CD ST 1	9:30am Aqua Fitness (55 min) CD ST P	9:30am Aqua Fitness (55 min) CD ST P	6:05am LesMills Core™ (30 min) ST 1	9:15am BodyStep™ (45 min) CD ST 1	8:00am Barre (45min) ST 3	8:30am Yoga (60 min) MB 3
9:30am Aqua Cycle and Strength (55 min) CD P	9:30am BodyCombat™ (60 min) CD A	9:30am Mat Pilates (45 min) MB ST 3	9:30am Aqua Fusion (45 min) CD ST P	9:30am Aqua Cycle and Strength (45 min) CD P	8:30am Intro Reformer (30 min) FREE (3/11 only) MB ST PS	NEW TIME 8:30am Intro Reformer (30 min) FREE (3/5 only) MB ST PS
9:30am Barre (45 min) MB ST 3	9:45am LaBlast® (45 min) CD 1	9:30am BodyStep™ (45 min) CD ST 1	9:30am BodyCombat™ (60 min) CD A	9:30am Barre Pilates (45 min) MB ST 3	9:15am Les Mills Core™ (30 min) ST 1	9:15am Aqua Cycle (45 min) CD P
9:45am MyCycle (45 min) CD 2	10:45am Yoga (60 min) MB 3	10:30am BodyPump™ (60 min) ST 1	10:45am Flow Yoga (60 min) MB 3	10:30am Body Sculpt (45 min) ST 1	NEW 9:15am Jumpboard Pilates Workshop (60 min) (3/18 only) ST PS \$	9:30am Cardio Dance Party (45 min) CD A
10:30am BodyPump™ (45 min) ST 1	12:00pm BodyPump™ (45 min) ST 1	10:30am Perfect Pair Lvl.1 (Reformer and Chair) (55min) MB ST PS \$	12:00pm Body Sculpt (45 min) ST 1	10:30am Reformer Lvl.1/2 (55 min) MB ST PS \$	9:30am Aqua Cycle (45 min) CD P	NEW TIME 9:30am Reformer Lvl.1 (55 min) (3/5 and 3/19 only) MB ST PS \$
10:30am Dynamic Duo Lvl.1 (Reformer and Tower) (55 min) MB ST PS \$	12:00pm Chair Yoga (60 min) MB 3	12:00pm MyCycle (45 min) CD 2	NEW 12:00pm Core Power Pilates Lvl.1 (Reformer and TRX) (55min) MB ST PS \$	6:00pm Yoga (60 min) MB 3	9:30am Reformer Lvl.1/2 (55 min) (3/11 and 3/25 only) MB ST PS \$	9:45am Flow Yoga (60 min) MB 3
11:30am Les Mills Core™ (30 min) ST 1	NEW 12:45pm Recover(15 min) RE 1	4:00pm Yoga (60 min) MB 3	NEW 12:45pm Recover (15 min) RE 1	6:30pm Aqua Cycle (45 min) CD P	9:45am Yoga 101(45 min) (3/4 only) MB 3	10:05am Aqua Fusion (45 min) CD ST P
5:30pm BodyPump™ (45 min) ST 1	5:15pm Reformer Lvl.2/3 (55 min) MB ST PS \$	NEW 5:15pm Intro Reformer (30 min) FREE (3/15 only) MB ST PS	4:30pm Mat Pilates (45 min) MB ST 3	NEW TIME 6:15pm LaBlast® (45 min) CD 1	10:30am Aqua Fitness (45 min) CD ST P	10:45am BodyPump™ (60 min) ST 1
6:00pm Yoga (60 min) MB 3	NEW LENGTH 5:30pm HIIT30 (30 min) CD ST 1	NEW 5:15pm Mat Pilates (45 min) MB 3	5:30pm Reformer Lvl.1 (55 min) MB ST PS \$	6:00pm Yoga (60 min) MB 3	NEW 10:30am Aerial Yoga Workshop (60 min) (3/11 only) MB 1 \$	11:00am Ballet Barre (60 min) CD ST 3
6:15pm MyMusic (45 min) CD 2	NEW 6:00pm Recover(15 min) RE 1	5:30pm Kickboxing (45 min) CD 1	6:00pm Yoga (60 min) MB 3	NEW TIME 6:15pm MyCycle (45 min) CD 2	NEW 10:30am Jumpboard Pilates Workshop (60 min) (3/18 only) ST PS \$	
NEW 6:15pm Recover (15 min) RE 1	6:00pm Yoga Sculpt (60 min) MB ST 3	6:15pm Reformer Lvl.1/2 (55 min) MB ST PS \$	NEW TIME 6:15pm MyCycle (45 min) CD 2	6:15pm Aqua Fitness (55 min) CD ST P	10:45am Flow Yoga (60 min) MB 3	
6:30pm Aqua Fitness (55 min) CD ST P	6:15pm MyCycle (45 min) CD 2	6:30pm Aqua Cycle (45 min) CD P	6:30pm Aqua Fitness (55 min) CD ST P	7:15pm Ballet Barre (45 min) CD ST 3		
7:15pm Ballet Barre (45 min) CD ST 3	6:45pm BodyCombat™ (45 min) CD 1	NEW 6:45pm Barre (45 min) MB ST 3				

Registration procedures:
All classes except those in the arena require preregistration. Preregister online, through the app, in person, or by calling Columbia Gym, 410-531-0800.
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 (Cycle)
 - 3 Studio 3 (Yoga)
 - YA Youth Arena
 - A Adult Arena
 - P Pool
 - PS Pilates Studio
- Class type**
- CD Cardio
 - ST Strength
 - MB Mind/Body
 - RE Recover