

REMEMBER TO CANCEL YOUR RESERVATION VIA THE APP OR CALL THE CLUB IF YOU CANNOT ATTEND.



CACycle DO WHAT MOVES YOU

Updated and effective **March 1, 2023**. Visit clubs or go to ColumbiaAssociation.org/fitnessschedules for updated information. 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. Riders must be at least 4'11" tall. Walk-in on a space available basis only; check at the front desk. **Please be in the studio five minutes before class begins or your space may be given away. For aqua spin classes, bring your own aqua shoes and arrive 10 min early for proper bike set up. 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.

Registration procedures:

All classes require preregistration. Preregister online, through the app, in person, or by calling the club of your choice. **CA Fit&Play, Golf Fit&Play** may register **48** hours in advance. **1Fit** members may register for classes at their club **24** hours in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am MyCycle (45 min) AC	5:45am MyCycle (45 min) AC	5:45am MyCycle (45 min) AC	5:45am MyCycle (45 min) SSC	5:45am My-Cycle (45 min) AC	8:30am MyCycle (45 min) CG	9:15am Aqua Cycle (45 min) CG
9:30am Aqua Cycle and Strength (55 min) CG	9:30am MyRide® (45 min) SSC	10:30am MyCycle (45 min) AC	9:30am MyRide® (45 min) SSC	9:30am MyMusic (45 min) AC	9:15am MyMusic (45 min) AC	9:30am MyRide® (45 min) SSC
9:45am MyCycle (45 min) CG	5:45pm MyRide® (45 min) SSC	12:00pm MyCycle (45 min) CG	10:00am MyCycle (45 min) AC	9:30am Aqua Cycle and Strength (45 min) CG	9:30am MyRide® (45 min) SSC	9:30am MyMusic (45 min) AC
5:45pm MyCycle Strength (45 min) SSC	6:15pm MyCycle (45 min) CG	5:45pm MyMusic (45 min) SSC	5:45pm MyCycle Strength (45 min) SSC	5:30pm MyMusic (45 min) AC	9:30am Aqua Cycle (45 min) CG	
6:15pm MyCycle (45 min) CG	NEW 6:45pm MyRide® (30 min) SSC	6:00pm MyCycle (45 min) AC	6:15pm MyCycle (45 min) CG	6:30pm Aqua Cycle (45 min) CG		
6:30pm MyMusic (45 min) AC		6:30pm Aqua Cycle (45 min) CG	NEW 6:45pm MyRide® (45 min) SSC			

AC Columbia Athletic Club, 410-730-6744 CG Columbia Gym, 410-531-0800 SSC Supreme Sports Club, 410-381-5355

For more information, email Group.Fitness@ColumbiaAssociation.org.