

Group Fitness Class Descriptions



AC — Columbia Athletic Club
CG — Columbia Gym
SSC — Supreme Sports Club
SWC — Columbia Swim Center

Length of classes are noted. Members and guests must be at least 14 years old to participate in class. Members age 10-13 may attend group fitness classes only when accompanied by a parent or guardian during the entire class. **Please be in the studio 10 minutes before BodyPump and on the pool deck 10 minutes before Aqua Spin for proper bike setup and 5 minutes before all other classes or your space may be given away.** Shoes are required in all classes except Yoga, Barre, Yoga Sculpt, and Pilates. **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**

Registration procedures:

All classes except those in the CG and SSC arenas require preregistration. Preregister online, through the app, in person, or by calling Columbia Athletic Club (AC), 410-730-6744; Columbia Gym (CG), 410-531-0800; Supreme Sports Club (SSC), 410-381-5355; or Columbia Swim Center (SWC), 410-730-7000. 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.

AQUA

NEW Ai Chi A form of aquatic exercise that involves a series of movements and breathing techniques performed in a slow, focused manner to strengthen and relax the body. All levels. (45 min) AC only **MB ST**

Aqua Arthritis Gentle exercises to help decrease pain and stiffness. All fitness levels welcome. (45 min) AC only **ST**

Aqua Arthritis Plus Gentle exercises to help decrease pain and stiffness with an increased endurance phase. (45 min) AC only **CD ST**

Aqua Combo Deep and shallow water fitness combined in one class.

All fitness levels welcome. (45 or 55 min) SWC only **CD ST**

Aqua Cycle This cycle class uses the resistance of water to challenge and soothe simultaneously. Great for those recovering from an injury or looking for a cardio workout without stress. All levels. (45 min) CG only **CD**

Aqua Cycle and Strength The best of two workouts in one circuit class. Participants will be on and off a bike to meet both cardio and strength goals. Great for all levels. Non-riders are welcome. (50 min) CG only **CD ST**

Aqua Fitness Aerobics, flexibility and muscle conditioning in shallow water.

Appropriate for all fitness levels. (45 or 55 min) CG and Outdoor **CD ST**

Aqua Fusion A blend of aqua formats including circuit, HIIT, and traditional aqua fitness using a variety of fun aqua props. (45 min) CG only **CD ST**

Aqua Yoga Enhance physical, mental, and emotional health with yoga while warm water offers your body support. All levels. (45 min) AC only **MB**

CARDIO

Athletic Step With or without the step platform, push your body with varied, but never complex, athletic moves, all to motivating music.

May include plyometrics. All levels. (45 min) **CD**

Basic Training Outdoor class that includes running and intense intervals combining cardiovascular training, resistance training, and functional training. (60 min) AC only **CD ST**

BodyCombat™ A fun, high energy martial arts class. Learn moves from karate, tae kwon do, boxing, and more with no contact or equipment.

All fitness levels welcome. (45 min) CG and SSC only **CD**

BodyStep™ A mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs combined with movements like burpees, push ups and weighted exercise for a fun, uplifting, full-body workout! (45 min) CG only **CD ST**

Cardio Tone A mix of cardio, strength training and core using body weight and light hand weights. For all fitness levels. (45 min) AC only **CD ST**

Fit Essentials Classic cardio moves designed to increase stamina combined with strength training, balance, core and flexibility exercises.

For all levels. (45 min) AC only **CD ST**

Kickboxing Build stamina, improve coordination and burn calories with this fun, martial arts based challenging workout. All levels. (45 min) AC and CG only **CD**

Tae Bo® An intensive total body workout combining self-awareness, martial arts and boxing. (45 min) SSC only **CD**

CYCLE

Aqua Cycle This cycle class uses the resistance of water to challenge and soothe simultaneously. Great for those recovering from an injury or looking for a cardio workout without all the stress. All levels. (45 min) CG only **CD**

MyCycle An energetic ride with drills focusing on strength, endurance, and power. Open to all levels. (45 min) **CD**

MyCycleStrength An energetic ride to focus on strength, endurance and power, periodically using light weights to sculpt the upper body. (45 min) SSC only **CD ST**

MyMusic A fun, upbeat ride focused on the most popular playlists while working up a sweat and getting fit! Open to all levels. (45 min) **CD**

MyRide® Instructors will lead you as you travel the world using high-definition forward-motion video with music helping to push you through your journey. All levels. (45 min) SSC only **CD**

DANCE

Cardio Dance Party A dance fitness class that includes easy, fun moves. Dance styles and music may include hip-hop, pop, Latin, disco and more. Appropriate for all fitness levels. (45 min) **CD**

LaBlast® An exciting, fun, partner-free dance fitness program. Burn calories and fat while learning ballroom dance moves. All fitness levels. (45 min) AC and CG only **CD**

LaBlast® and Tone A fun, partner-free dance fitness program using light weights. Burn calories, burn fat and sculpt muscles while learning ballroom dance moves. All fitness levels. (45 min) AC and SSC only **CD ST**

Zumba® A fitness party workout that includes exciting and unique Latin rhythms and moves. Appropriate for all fitness levels. (45 min) **CD**

HITT

HIIT30/HIIT45 High intensity interval based class rotates athletic cardio movements with strength training exercises. Train vigorously followed by active recovery. All levels welcome. (30 and 45 min) (45 min class includes extended core and stretching) AC and CG only. **CD ST**

Strong30/Strong45 Start training to the beat. Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every single move. (30 and 45 min) SSC only **CD ST**

MIND BODY

Aqua Yoga Enhance physical, mental, and emotional health with yoga while warm water offers your body support. All levels. (45 min) AC only **MB**

Barre Pilates A non-impact blend of Mat Pilates and Barre Movement, focusing on building strength, increasing muscle tone, and improving flexibility. (45 min) CG only **MB ST**

Chair Yoga Practice a wide range of yoga while sitting in a chair (or on the mat) or standing up using the chair for support. Improve strength, release tension, lengthen muscles and relieve stress while connecting the mind to the body and breath. All levels. Great for beginners! (60 min) CG only **MB**

Tai Chi Ancient Chinese martial art that blends various postures and flowing movements to enhance the flow of the body's internal energy.

All levels. (60min) AC only **MB**

Flow Yoga Vinyasa style of yoga that stretches and strengthens the body. This dynamic practice cultivates presence by connecting movement with breath. All levels welcome. (60 min) **MB**

Mat Pilates This inspiring and uplifting class will lengthen and strengthen your body, especially your core. All levels. (30 and 45 min) **MB ST**

Pilates Reformer Group Apply the Pilates methodology as performed on the Reformer to lengthen and strengthen your entire body. Focus on breath, form and efficient movement patterns while engaging the core, improving balance and coordination. Varying levels available. See Pilates schedule for more information. \$ (55 min) CG only **MB ST**

QiGong A Chinese practice integrating movement, posture, breathing, and awareness. For all levels. (60 min) AC only **MB**

Restorative Yoga Seated flowing movements followed by a restful practice of long-held restorative poses to release tension and support the immune and nervous systems. Props provided. All levels. (60 min) SSC only **MB**

Yoga All-level class focusing on static poses to increase flexibility, strength, and endurance. Variations included to enhance the member experience. All levels welcome. (60 min) **MB**

Yoga 101 New to Yoga, this monthly class is for you! Learn some basic poses to help you feel successful in a yoga class. Free to members. (45 min) **MB**

Yoga Sculpt Yoga and Pilates inspired class includes mindful flows, bodyweight training, and cardio components. May include light weights.

All levels. (45 or 60 min) CG and SSC only **MB ST**

STRENGTH TRAINING

Barre Integrated movement and postures from ballet, Pilates, and yoga to lengthen, strengthen, and shape your body. A variety of props such as bands, balls, and weights are used. All levels. (45 min) CG only **MB ST**

Ballet Barre Includes traditional ballet technique plus toning. Learn an easy-to-follow full ballet cardio combination while burning calories.

All levels. (60 or 45 min) CG only **CD MB ST**

BodyPump™ Weight training set to motivating music, using barbells with changeable weights for all fitness levels. Check in 10 minutes before class required. (30, 45 or 60 min) **ST**

Body Sculpt A mix of strength training and core work using weights. Appropriate for all fitness levels. (45 min) **ST**

Build Your Bones Strength training, balance work and core exercises to benefit the health and safety of your bones. Appropriate for all fitness levels. (45 min) AC only **ST**

Les Mills Core™ Tighten and tone core muscles and improve functional strength for balance, mobility, and injury prevention. Uses body weight and light free weights. All fitness levels welcome. (30 min) **ST**

Total Body Barre Strengthen, sculpt, and stretch the entire body using dumbbells and ballet-inspired movements without a barre. May include cardio elements such as boxing. For all levels. (45 min) AC and SSC only **CD ST**

OTHER

Joints in Motion Gentle exercises both seated and standing to increase range of motion, balance and stamina. Geared for those with arthritis. (55 min) AC only **ST**

NEW Recover Take an active "roll" in your recovery with a mix of techniques including self-myofascial release, foam rolling, and static stretching. (15 min) **RE**

Class type: **CD** Cardio **ST** Strength **MB** Mind/Body **RE** Recover