

# Indoor Aqua Fitness Schedule

Effective **March 1, 2023**. Visit clubs or go to [ColumbiaAssociation.org/fitnessschedules](https://ColumbiaAssociation.org/fitnessschedules) for updated information. Check-in required five minutes before classes. Members must be at least 14 years old to participate in group fitness classes. Members age 10-13 may attend group fitness classes only when accompanied by a parent or guardian during the entire class. Space is limited. **For aqua spin classes, please bring your own aqua shoes and arrive 10 minutes before class for proper bike setup or your space may be given away.** Schedule and instructor subject to change without notice. For safety and courtesy, refrain from entering class once it has started. **Please be on the pool deck at least five minutes before class 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. Questions? Email [Group.Fitness@ColumbiaAssociation.org](mailto:Group.Fitness@ColumbiaAssociation.org).

## Registration procedures:

**All classes require preregistration.** Preregister online, through the app, in person, or by calling Columbia Gym, 410-531-0800 or Columbia Swim Center, 410-730-7000. **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. **Play** members may register for classes at the swim center **24** hours in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:00am</b> Aqua Combo (45 min) SWC	<b>8:00am</b> Aqua Combo (55 min) SWC	<b>8:00am</b> Aqua Combo (45 min) SWC	<b>8:00am</b> Aqua Combo (55 min) SWC	<b>8:00am</b> Aqua Combo (45 min) SWC	<b>NEW LENGTH</b> <b>9:00am</b> Aqua Combo (45 min) SWC	<b>NEW LENGTH</b> <b>9:00am</b> Aqua Combo (55 min) SWC
<b>9:30am</b> Aqua Arthritis (45 min) AC	<b>9:30am</b> Aqua Fitness (55 min) CG	<b>9:30am</b> Aqua Fitness (55 min) CG	<b>9:30am</b> Aqua Arthritis (45 min) AC	<b>9:30am</b> Aqua Cycle and Strength (45 min) CG	<b>9:30am</b> Aqua Cycle (45 min) CG	<b>9:15am</b> Aqua Cycle (45 min) CG
<b>9:30am</b> Aqua Cycle and Strength (55 min) CG	<b>10:30am</b> Aqua Arthritis Plus (45 min) AC	<b>9:30am</b> Aqua Yoga (45 min) AC	<b>9:30am</b> Aqua Fusion (45 min) CG	<b>11:00am</b> Aqua Arthritis Plus (45 min) AC	<b>10:30am</b> Aqua Fitness (45 min) CG	<b>10:05am</b> Aqua Fusion (45 min) CG
<b>NEW 12:00pm</b> Aqua Arthritis Plus (45 min) AC	<b>6:30pm</b> Aqua Arthritis (45 min) AC	<b>4:00pm</b> Ai Chi (45 min) AC	<b>4:00pm</b> Aqua Yoga (45 min) AC	<b>5:30pm</b> Aqua Arthritis (45 min) AC	<b>11:00am</b> Aqua Arthritis (45 min) AC	<b>10:30am</b> Aqua Arthritis (45 min) AC
<b>6:30pm</b> Aqua Fitness (55 min) CG	<b>6:30pm</b> Aqua Fitness (55 min) CG	<b>6:30pm</b> Aqua Cycle (45 min) CG	<b>6:30pm</b> Aqua Fitness (55 min) CG	<b>6:30pm</b> Aqua Cycle (45 min) CG		