

Mind Body Fitness Schedule

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. Reformer registration begins one week prior to class. Members and team members will be asked to clean any equipment used. **Please be in the studio five minutes before class or your space may be given away.** For safety and courtesy, refrain from entering class once it has started. **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.

Registration procedures: All classes require preregistration. Preregister online, through the app, in person, or by calling Columbia Athletic Club, 410-730-6744, Columbia Gym, 410-531-0800 or Supreme Sports Club, 410-381-5355. **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. **\$** Fee based class, purchase class package or drop in class at front desk, Intro Reformer (30 min) for first time participants only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am Mat Pilates AC	9:00am Qigong AC	9:15am Yoga AC	10:30am Yoga SSC	9:30am Barre Pilates CG	8:30am Intro Reformer CG (3/11 only) FREE	NEW 8:00am Yoga SSC
9:30am Barre CG	10:30am Yoga AC	9:30am Aqua Yoga AC	NEW 10:30am Yoga AC	9:30am Restorative Yoga SSC	9:15am Flow Yoga SSC	8:30am Yoga CG
9:30am Restorative Yoga SSC	10:45am Yoga CG	9:30am Mat Pilates CG	10:45am Mat Pilates SSC	10:30am Reformer Lvl. 1/2 CG \$	NEW 9:15am Jumpboard Pilates Workshop CG \$ (3/18 only)	NEW TIME 8:30am Intro Reformer CG (3/5 only) FREE
10:30am Dynamic Duo Lvl.1 (Reformer and Tower) CG \$	12:00pm Chair Yoga CG	10:30am Perfect Pair Lvl.1 (Reformer and Chair) CG \$	10:45am Flow Yoga CG	10:30am Reformer Lvl. 1/2 CG \$	9:30am Reformer Lvl. 1/2 CG \$ (3/11 and 3/25 only)	NEW TIME 9:30am Reformer Lvl. 1 CG \$ (3/5 and 3/19 only)
10:30am Yoga AC	12:00pm Reformer Lvl. 1 CG \$	10:30am Yoga AC	NEW 12:00pm Core Power Pilates Lvl.1 (Reformer and TRX) CG \$	10:30am Yoga AC	9:30am Yoga AC	9:30am Yoga AC
10:30am Flow Yoga SSC	5:15pm Reformer Lvl. 2/3 CG \$	NEW 1:00pm Tai Chi AC	4:00pm Aqua Yoga AC	10:45am Restorative Yoga SSC	9:45am Yoga 101 CG (3/4 only)	9:45am Flow Yoga CG
6:00pm Yoga AC	6:00pm Flow Yoga AC	4:00pm Ai Chi AC	4:30pm Mat Pilates CG (45 min)	5:30pm Flow Yoga AC	10:30am Flow Yoga SSC	NEW 11:30am Mat Pilates SSC
6:00pm Yoga CG	6:00pm Yoga Sculpt CG	4:00pm Yoga CG	NEW 5:15pm Flow Yoga SSC	6:00pm Yoga CG	NEW 10:30am Aerial Yoga Workshop CG \$ (3/11 only)	5:45pm Yoga SSC
6:15pm Flow Yoga SSC	6:15pm Flow Yoga SSC	NEW 5:15pm Intro Reformer CG (3/15 only) FREE	5:30pm Reformer Lvl. 1 CG \$	NEW 7:30pm Mat Pilates AC	NEW 10:30am Jumpboard Pilates Workshop CG \$ (3/18 only)	
		NEW 5:15pm Mat Pilates CG	6:00pm Yoga CG		NEW 10:45am Yoga AC	
		NEW TIME 6:45pm Yoga SSC	NEW 7:30pm Mat Pilates AC			
		NEW TIME 6:15pm Reformer Lvl. 1/2 CG \$	7:30pm Yoga Sculpt SSC			