

# Supreme Sports Club 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](mailto:Group.Fitness@ColumbiaAssociation.org).

Schedule subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am BodyPump™ (45 min) ST 1	5:30am Les Mills Core™ (30 min) ST 1	8:00am BodyPump™ (60 min) ST 1	5:45am MyCycle (45 min) CD 2	5:30am BodyPump™ (45 min) ST 1	8:00am BodyPump™ (60 min) ST 1	<b>NEW</b> 8:00am Yoga (60 min) MB Y
8:00am BodyPump™ (45 min) ST 1	9:30am MyRide® (45 min) CD 2	9:30am BodyPump™ (45 min) ST 1	9:30am MyRide® (45 min) CD 2	6:30am Les Mills Core™ (30 min) ST 1	9:15am BodyPump™ (45 min) ST 1	9:15am BodyPump™ (60 min) ST 1
9:30am Restorative Yoga (60 min) MB Y	10:45am Body Sculpt (45 min) ST 1	<b>NEW</b> 10:15am Recover (15 min) RE 1	9:30am Body Sculpt (45 min) ST 1	9:30am BodyPump™ (45 min) ST 1	9:15am Flow Yoga (60 min) MB Y	9:30am MyRide® (45 min) CD 2
9:30am LaBlast® and Tone (45 min) CD ST 1	<b>NEW</b> 11:30am Recover (15 min) RE 1	10:45am HIIT45 (45 min) CD ST 1	<b>NEW</b> 10:15pm Recover (15 min) RE 2	9:30am Restorative Yoga (60 min) MB Y	9:30am MyRide® (45 min) CD 2	10:30am Body Combat™ (45 min) CD A
10:45am Flow Yoga (60 min) MB Y	5:15pm BodyPump™ (45 min) ST 1	<b>NEW TIME</b> 5:15pm Yoga (60 min) MB Y	10:30am Yoga (60 min) MB Y	10:45am Restorative Yoga (60 min) MB Y	10:15am Body Sculpt (45 min) ST 1	11:00am Strong30 (30 min) CD ST 1
5:15pm Total Body Barre (45 min) CD ST Y	5:45pm MyRide® (45 min) CD 2	5:30pm BodyPump™ (60 min) ST 1	10:45am Mat Pilates (45 min) MB ST 1	10:45am Total Body Barre (45 min) CD ST 1	10:30am Tae Bo® (55 min) CD A	<b>NEW</b> 11:30am Mat Pilates (30 min) MB ST 1
5:30pm Athletic Step (45 min) CD 1	6:15pm Flow Yoga (60 min) MB Y	5:45pm MyMusic (45 min) CD 2	5:45pm MyCycle Strength (45 min) CD ST 2	5:30pm BodyPump™ (30 min) ST 1	10:30am Flow Yoga (60 min) MB Y	<b>NEW</b> 11:30am Dance Around the World (45 min) CD A
5:45pm MyCycle Strength (45 min) CD ST 2	6:15pm Les Mills Core™ (30 min) ST 1	6:00pm Cardio Dance Party (45 min) CD A	6:30pm Total Body Barre (45 min) CD ST 1	6:15pm Les Mills Core™ (30 min) ST 1	<b>NEW</b> 11:35am Recover (15 min) RE 1	5:45pm Yoga (60 min) MB Y
6:00pm Zumba® (45 min) CD A	6:45pm MyRide® (30 min) CD 2	<b>NEW TIME</b> 6:45pm Yoga (60 min) MB Y	<b>NEW</b> 6:45pm MyRide® (45 min) CD 2		11:45am Zumba® (45 min) CD A	
6:15pm Flow Yoga (60 min) MB Y	7:00pm Strong45 (45 min) CD ST A	7:00pm Body Sculpt (45 min) ST 1	7:00pm Tae Bo® (45 min) CD A			
6:30pm BodyPump™ (45 min) ST 1	7:00pm BodyPump™ (45 min) ST 1		7:30pm Yoga Sculpt (45 min) MB ST 1			
<b>NEW</b> 7:30pm Les Mills Core™ (30 min) ST 1						

**Registration procedures:**

All classes except those in the arena require preregistration. Preregister online, through the app, in person, or by calling Supreme Sports Club, 410-381-5355.

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)
- A Arena
- Y Yoga Studio
- P Pool

**Class type**

- CD Cardio
- ST Strength
- MB Mind/Body
- RE Recover