

RELOCATED Columbia Athletic Club Group Fitness Classes

Updated and effective **October 1, 2018.**

Visit facilities or go to ColumbiaAssociation.org/fitnessschedules for updated information. Check-in required 10 minutes before BodyPump®, five minutes before all other classes. Members must be at least 14 years old to participate in group fitness classes.

Name of instructor provided on web site class registration page. Instructors may change without notice. For safety and courtesy, refrain from entering class once it has started.

Columbia Gym (CG)

6151 Day Long Lane, Clarksville 21029
410-730-6744

Supreme Sports Club (SSC)

7080 Deepage Drive, Columbia 21045
410-381-5355

Haven on the Lake (HOL)

10275 Little Patuxent Parkway, Columbia 21044
410-715-3020

Kahler Hall (KH)

5440 Old Tucker Row, Columbia 21044
410-730-0770

Questions? Email Group.Fitness@ColumbiaAssociation.org.

We're here to help you find a class!

For updates about the Columbia Athletic Club renovation, please visit ColumbiaAssociation.org/acrenovation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am CD ST ★CG Basic Training (60 min)	5:45am ST ◆SSC BodyPump™ (60 min)	6:00am CD ST ★CG Basic Training (60 min)	5:45am ST ◆CG BodyPump™ (60 min)	6:00am CD ST ★CG Basic Training (60 min)	6:30am CD ◆SSC Studio Cycling (60 min)	8:00am CD ★CG LaBlast™ (50 min)
9:30am ST ◆CG BodyPump™ (60 min)	5:45am CD ◆SSC Studio Cycling (45 min)	6:00am CD ◆CG Studio Cycling (45 min)	5:45am CD ◆SSC Studio Cycling (45 min)	6:00am CD ◆CG Studio Cycling (45 min)	8:00am CD ST ★CG Insanity™ (55 min)	9:00am MB ★HOL NEW Aqua Arthritis (45 min)
9:30am CD ◆CG Studio Cycling (60 min)	9:30am MB ★CG Aqua Arthritis (45 min)	7:15am CD ◆CG BOOM Cycle (30 min) (begins 10/24)	9:30am MB ★CG Aqua Arthritis (45 min)	9:30am MB ★CG Aqua Arthritis (45 min)	8:00am MB ◆SSC Yoga 3 (60 min)	9:30am MB ◆SSC Yoga 3 (85 min)
10:45am MB ST ◆CG Flow Yoga 2 (60 min)	9:30am CD ST ★CG Cardio Tone (55 min)	9:30am MB ★SSC QiGong (55 min)	9:30am CD ST ★CG Cardio Tone (55 min)	9:30am MB ★SSC QiGong (55 min)	9:00am CD ST ★CG LaBlast™ and Tone (55 min)	9:45am CD ◆CG Studio Cycling (45 min)
10:50am CD ST ★CG Cardio Dance and Tone (55 min)	9:45am CD ◆CG Studio Cycling (45 min)	9:30am CD ST ★CG Cardio Tone (55 min)	9:45am CD ◆CG Studio Cycling (45 min)	10:45am CD ST ★SSC LaBlast™ (55 min)	9:45am CD ◆CG Studio Cycling (45 min)	10:00am MB ★HOL Ai Chi (45 min)
12:00pm ★SSC Joints in Motion (55 min)	10:50am MB ST ★CG PiYo® LIVE (55 min)	10:45am MB ◆SSC Yoga 1 (60 min)	10:45am MB ★CG Tai Chi (55 min)	10:45am MB ◆SSC Restorative Yoga (60 min)	10:30am MB ◆SSC Yoga 1 (60 min)	10:45am ST ◆SSC BodyPump™ (60 min)
5:30pm CD ◆CG Studio Cycling (45 min)	12:00pm ST ★SSC Build Your Bones (45 min)	10:50am CD ST ★CG LaBlast™ (55 min)	12:00pm ST ★SSC Build Your Bones (45 min)	6:15pm ST ◆SSC BodyPump™ (60 min)	11:45am ST ◆CG BodyPump™ (60 min)	11:00am MB ◆SSC Yoga 2 (60 min)
6:00pm MB ◆CG Yoga 1 (60 min)	6:30pm ★CG Aqua Arthritis (45 min)	5:30pm CD ◆CG Studio Cycling (45 min)	5:30pm MB ◆SSC Flow Yoga 2 (60 min)	6:15pm CD ◆SSC Studio Cycling (45 min)		
6:30pm CD ★SSC Tae Bo® (55 min)	7:30pm MB ST ◆CG Flow Yoga 2 (60 min)	6:00pm MB ★KH Yoga 1 (60 min) *Bring your own mat	7:30pm MB ST ★SSC PiYo® LIVE (55 min)			
7:15pm MB ◆CG Yoga 2 (75 min)	7:35pm ST ◆CG BodyPump™ (60 min)	7:30pm CD ST ★SSC R.I.P.P.E.D.® (55 min)	7:35pm ST ◆CG BodyPump™ (60 min)			

Key symbols

- ◆ CA Fit&Play and Golf Fit&Play members priority preregistration. Check in at front desk. Former Package Plan members and current 1Fit members may drop-in on a space-available basis. Register and check in at front desk.
- ★ Drop-in. Open to all Members on space-available basis.
- \$ Fee for all Members. Register at front desk. Classes run in sessions. Check the *CA Activities Guide* for specific start dates.
- S Seasonal class.

Class location

- CG Columbia Gym
- SSC Supreme Sports Club
- HOL Haven on the Lake
- CH Claret Hall
- KH Kahler Hall

Schedule subject to change.

Class type

- CD Cardio
- ST Strength
- MB Mind/Body