

Supreme Sports Club Group Fitness Classes

Updated and effective **May 28, 2019**. 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. Members age 11-13 may attend group fitness classes only if they are accompanied by a parent or guardian during the entire class. **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.** Supreme Sports Club, 410-381-5355. Questions? Email Group.Fitness@ColumbiaAssociation.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am BodyPump™ (45 min) ST S 1 ♦	5:30am CXWORX™ (30 min) ST 1 ♦	5:30am MyCycle (60 min) CD 2 ♦	5:30am CXWORX™ (30 min) ST 1 ♦	5:15am MyCycle (45 min) CD 2 ♦ S	7:45am BodyPump™ (60 min) ST 1 ♦	8:45am BodyPump™ (60 min) ST 1 ♦
5:30am MyCycle (60 min) CD 2 ♦	9:30am Cardio Tone (55 min) CD ST 1 ★	5:30am BodyPump™ (45 min) ST S 1 ♦	9:30am Cardio Tone (55 min) CD ST 1 ★	5:45am Basic Training (45 min) CD ST A ★	8:45am MyRide+ (60 min) CD 2 ♦	8:45am MyRide+ (60 min) CD 2 ♦
5:45am Basic Training (60 min) CD ST A ★	9:30am MyRide+ (60 min) CD 2 ♦	5:45am Basic Training (60 min) CD ST A ★	9:30am MyRide+ (60 min) CD 2 ♦	8:00am NEW BodyPump™ (45 min) ST 1 ♦	9:00am Flow Yoga (60 min) MB YA ♦	10:00am CXWORX™ (30 min) ST 1 ♦
8:00am BodyPump™ (60 min) ST 1 ♦	10:45am CoreFit (30 min) ST 2 ★	8:00am BodyPump™ (60 min) ST 1 ♦	10:45am BodyPump™ (60 min) ST 1 ♦	9:30am BodyPump™ (60 min) ST 1 ♦	9:00am Cardio Step (45 min) CD 1 ★	10:00am NEW Flow Yoga (60 min) MB YA ♦
9:30am Zumba® (55 min) <i>(moves to Studio 1 on 6/24)</i> CD A ★	10:45am BodyPump™ (60 min) ST 1 ♦	9:30am Zumba® (55 min) CD 1 ★	10:45am NEW CoreFit (30 min) ST 2 ★	10:45am NEW Cardio Tone HIIT (45 min) CD ST 1 ★	10:00am BodyPump™ (60 min) ST 1 ♦	10:15am Tae Bo® (55 min) CD A ★
10:45am Restorative Yoga (60 min) MB 1 ♦	5:30pm BodyPump™ (45 min) ST 1 ♦	9:45am MyMusic (45 min) CD 2 ♦	5:30pm BodyPump™ (45 min) ST 1 ♦	5:30pm NEW BodyPump™ Start (30 min) CD ST 1 ♦	10:00am MyMusic (45 min) CD 2 ♦	
5:30pm Flow Yoga (60 min) MB YA ♦	5:30pm MyStart (15 min) CD 2 ★	10:45am Cardio Tone HIIT (45 min) CD ST 1 ★	5:45pm MyMusic (45 min) CD 2 ♦	6:05pm CXWORX™ (30 min) ST 1 ♦	10:45am Tae Bo® (55 min) CD A ★	
5:45pm Cardio Step (40 min) CD 1 ★	5:45pm MyRide (45 min) CD 2 ♦	5:30pm NEW Yoga (60 min) MB YA ♦	6:30pm Zumba® (55 min) CD 1 ★		11:15am CXWORX™ (30 min) ST 1 ♦	
6:00pm MyRide+ (60 min) CD 2 ♦	6:30pm Zumba® (55 min) CD 1 ★	5:45pm CXWORX™ (30 min) ST 1 ♦	6:45pm CXWORX™ (30 min) ST YA ♦		12:00pm Zumba® (45 min) CD A ★	
6:30pm Cardio Tone (55 min) CD ST A ★	6:45pm CXWORX™ (30 min) ST YA ♦	6:00pm Cardio Dance Party (55 min) CD A ★	7:00pm Tae Bo® (45 min) CD A ★			
6:35pm NEW BodyPump™ (45 min) ST 1 ♦	7:00pm Tae Bo® (55 min) CD A ★	6:15pm MyRide+ (45 min) CD 2 ♦	7:30pm Yoga (60 min) MB 1 ♦			
7:30pm Zumba® (55 min) CD 1 ★	7:30pm Yoga (60 min) MB YA ♦	6:30pm BodyPump™ (45 min) ST 1 ♦				
8:00pm Flow Yoga (75 min) MB ST YA ♦	7:45pm BodyPump™ (60 min) ST 1 ♦					

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.
- \$ Fee for all Members. Register at front desk. Classes run in sessions. Check the *CA Activities Guide* or front desk for specific start dates.
- S Seasonal class.

Class location

- 1 Studio 1
- 2 Studio 2 (Cycle)
- A Arena
- Y Yoga Studio
- YA Youth Arena
- P Pool

Class type

- CD Cardio
- ST Strength
- MB Mind/Body

Schedule subject to change.

Supreme Sports Club

Class Relocations

Renovations at Supreme Sports Club begin **Tuesday, May 28**. There will be some changes to the group fitness schedule while work is underway. For more information, email Group.Fitness@ColumbiaAssociation.org. Note: The Youth Arena is downstairs, past the cycle studio and racquetball entrances, all the way down the hall to the last door on the left.

MONDAY

10:45am	Restorative Yoga	→ moves to →	Studio 1
5:30pm	Yoga 1	→ moves to →	Youth Arena The class is being renamed Flow Yoga .
6:45pm	Yoga 2	CANCELLED	
8pm	Ashtanga Yoga	→ moves to →	Youth Arena The class is being renamed Flow Yoga .

TUESDAY

10am	Aqua Fitness	CANCELLED	
6:45pm	CXWORX™	→ moves to →	Youth Arena
7:30pm	Yoga 2	→ moves to →	Youth Arena The class is being renamed Yoga .

WEDNESDAY

5:30pm	Yoga	NEW	Youth Arena
7:15pm	PiYo	CANCELLED	

THURSDAY

10am	Aqua Fitness	→ moves to →	Columbia Swim Center, noon Begins 6/27.
6:45pm	CXWORX™	→ moves to →	Youth Arena
7:30pm	Yoga 1	→ moves to →	Studio 1 The class is being renamed Yoga .

SATURDAY

9am	Yoga 2	→ moves to →	Youth Arena The class is being renamed Flow Yoga .
10am	Aqua Fitness	CANCELLED	

SUNDAY

10am	Aqua Fitness	CANCELLED	
10am	Yoga 1	→ moves to →	Youth Arena The class is being renamed Flow Yoga .

Outdoor Aqua Fitness Classes

Free to CA members. Visit ColumbiaAssociation.org/pools for complete schedule.

Yoga at Stevens Forest Fitness Pavilion

Tuesdays and Thursdays, 8:30-9:25am

May 28-September 26

Free to CA members. Bring your own mat.

Outdoor Yoga at Haven on the Lake

(Atop the fountain overlooking Lake Kittamaqundi)

Third Saturday of the month, 9-10am

June 15, July 20, August 17 and September 21

Free to the public. Bring your own mat.

Dancin' Under the People Tree

(Adjacent to Clyde's at the Downtown Columbia Lakefront)

Fridays, 7-8pm

June 21-September 6

Free to the public.

Outdoor Barre at Haven on the Lake

(Atop the fountain overlooking Lake Kittamaqundi)

Second Sunday of the month, 9-10am

June 9, July 14, August 11 and September 15

Free to the public. Bring your own mat.

Supreme 1Fit

members are also welcome to attend aqua fitness classes outdoors beginning June 2, as well as indoor classes at Columbia Athletic Club, Columbia Gym and Columbia Swim Center.