

Athletic Club group fitness classes

Updated and effective **July 1-Aug 8, 2010**. Schedules change on the first day of each month. Visit facilities or go to www.ColumbiaAssociation.org and click on Classes for updated schedules. Check-in required 10 min before BodyPump, 5 min before all other PPP classes. Shaded classes are for Package Plan Plus members only. **Schedule subject to change.** 410-730-6744

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am							
5:45 am				Body Pump™ Studio 1			
7:00 am							
8:00 am						Dance Works Studio 1 Yoga II Studio 2, 85 min	
8:30 am							
8:30 am							
9:00 am							
9:15 am						BodyVive™ Studio 1	
9:30 am			Qigong Studio 2	BodyVive™ Studio 1	Qigong* Studio 2		Body Pump™ Studio 1
9:30 am	Body Pump™ Studio 1		Total Conditioning + Studio 1				Yoga II/III Studio 2, 85 min.
9:45 am					Zumba™ Toning Studio 1, 45 min.	Yoga I Studio 2	
10:30 am		Basic Aerobics* Studio 1			Gentle Yoga* Studio 2	Body Pump™ Studio 1	
10:45 am	Power Flow Yoga Studio 2		Yoga I Studio 2 Zumba™ Studio 1	Zumba™ Gold Studio 1	Zumba™ Studio 1		
11:00 am				Tai Chi II Studio 2			Yoga I Studio 2
11:30 am	Arthritis Exercise Studio 2						
12:00pm							
1:00 pm	Updated schedules available at the front desk and at ColumbiaAssociation.org.						
1:30 pm							
4:45 pm							
5:00 pm							
5:30 pm							
5:45 pm	BodyVive™ Studio 1 Yoga I Studio 2						
6:00 pm				Body Pump™ Studio 1			
6:00 pm		Yoga I/II 90min Studio 2	BodyVive™ Studio 1	Power Flow Yoga Studio 2, 85 min.	Body Pump™ Studio 1		
6:30 pm		Body Pump™ Studio 1					
6:45 pm	Tae Bo™ Studio 1 (6:50pm)						
7:00 pm	Yoga I Studio 2		Dance Works Studio 1				
7:15 pm				Zumba™ Studio 1			
7:30 pm							
7:45 pm							
8:00 pm							
8:15 pm							
8:30 pm							