

Athletic Club adult/kids classes



Updated and effective **February 1, 2012**. Schedules change on the first day of each month. Visit facilities or go to ColumbiaAssociation.org and click on Classes for updated schedules and class descriptions. Check-in required 10 minutes before BodyPump®; 5 minutes before all other PPP classes. **Schedule subject to change. For safety and courtesy, refrain from entering class once it has started.** Athletic Club, 410-730-6744.

Monday

6:00 am	* Basic Training	Outside	PPP Free, PP Fee
7:00 am	* Core Conditioning	Studio 2	PPP Free, PP Fee
9:30 am	◆ BodyPump®	Studio 1	PPP Mbrs only
	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
9:45 am	★ RECESS & RESULTS®	RCQTBL CRT	FEE (Ages 3-5)
	■ S Aqua Arthritis	Pool	Drop-in
10:40 am	◆ S BodyVive®	Studio 1	PPP Mbrs only
10:45 am	◆ Power Flow Yoga I/II	Studio 2	PPP Mbrs only
11:00 am	■ Aqua Arthritis Plus	Pool	Drop-in
11:45 am	■ Arthritis Exercise	Studio 1	Drop-in

4:00 pm	★ BOOT CAMP FOR KIDS	KIDSPACE	FEE (Ages 9-12)
5:30 pm	▲ Studio Cycling (45 min)	Cycle Studio	PPP, PP Drop-in
5:45 pm	◆ BodyVive®	Studio 1	PPP Mbrs only
	◆ Yoga I	Studio 2	PPP Mbrs only
6:30 pm	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
	■ Aqua Arthritis	Pool	Drop-in
6:50 pm	■ Tae Bo®	Studio 1	Drop-in
7:00 pm	◆ Yoga I/II (70 min)	Studio 2	PPP Mbrs only

Tuesday

5:45 am	▲ Studio Cycling (45 min)	Cycle Studio	PPP, PP Drop-in
7:00 am	● Pilates Mat I	Studio 2	Fee
9:30 am	■ Aqua Arthritis	Pool	Drop-in
	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
	● Zumba® Circuit	Studio 1	Fee
10:35 am	■ Basic Aerobics	Studio 1	Drop-in
10:45 am	* willPower & grace™	Studio 2	PPP Free, PP Fee
12:30 pm	■ Aqua Arthritis Plus	Pool	Drop-in
4:00 pm	★ HIP HOP FOR KIDS	STUDIO 2	FEE (Ages 5-9)
5:00 pm	★ RECESS & RESULTS®	STUDIO 2	FEE (Ages 6-11)
5:30 pm	◆ S Zumba Toning®	Studio 1	PPP Mbrs only
6:00 pm	◆ Yoga I (60 min)	Studio 2	PPP Mbrs only
6:30 pm	◆ BodyPump®	Studio 1	PPP Mbrs only
	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
7:15 pm	◆ Raja Yoga	Studio 2	PPP Mbrs only
7:45 pm	● Zumba® Circuit	Studio 1	Fee

Wednesday

5:45 am	* Core Conditioning	Studio 2	PPP Free, PP Fee
6:00 am	* Basic Training	Outside	PPP Free, PP Fee
	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
9:30 am	◆ Qigong	Studio 2	PPP Mbrs only
	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
	■ Cardio, Core & More	Studio 1	Drop-in
10:45 am	◆ Yoga I	Studio 2	PPP Mbrs only
	■ Zumba®	Studio 1	Drop-in
11:00 am	■ Aqua Arthritis Plus	Pool	Drop-in
5:30 pm	★ LIL' DRAGONS	STUDIO 2	FEE (Ages 4-6)
	▲ S Studio Cycling (45 min)	Cycle Studio	PPP, PP Drop-in
6:00 pm	★ BEG-ADV TAE KWON DO	STUDIO 2	FEE (Ages 7+)
	◆ BodyVive®	Studio 1	PPP Mbrs only
6:30 pm	▲ Studio Cycling (45 min)	Cycle Studio	PPP, PP Drop-in
	■ Aqua Arthritis	Pool	Drop-in
7:00 pm	■ Dance Works	Studio 1	Drop-in
7:45 pm	● Pilates Mat I/II	Studio 2	Fee

Thursday

5:45 am	◆ BodyPump®	Studio 1	PPP Mbrs only
	▲ Studio Cycling (45 min)	Cycle Studio	PPP, PP Drop-in

Thursday (continued)

7:00 am	* Core Conditioning	Studio 2	PPP Free, PP Fee
9:30 am	■ Aqua Arthritis	Pool	Drop-in
	◆ BodyVive®	Studio 1	PPP Mbrs only
	● Pilates Mat I/II	Studio 2	Fee
	▲ S Studio Cycling (45 min)	Cycle Studio	PPP, PP Drop-in
10:45 am	■ Zumba® Gold	Studio 1	Drop-in
11:00 am	◆ S Tai Chi	Studio 2	PPP Mbrs only
12:00 pm	* Women Wts & Osteo	Studio 1	PPP Free, PP Fee

12:30 pm	■ Aqua Arthritis Plus	Pool	Drop-in
5:00 pm	◆ S Zumba Toning®	Studio 1	PPP Mbrs only
6:00 pm	◆ BodyPump®	Studio 1	PPP Mbrs only
	◆ Power Flow Yoga II (85 min)	Studio 2	PPP Mbrs only
	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
7:15 pm	■ Zumba®	Studio 1	Drop-in

Friday

6:00 am	* Basic Training	Outside	PPP Free, PP Fee
	▲ S Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
9:30 am	■ Aqua Arthritis Plus	Pool	Drop-in
	◆ Qigong	Studio 2	PPP Mbrs only
	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
	◆ Zumba® Toning (45 min)	Studio 1	PPP Mbrs only
10:30 am	◆ Gentle Yoga	Studio 2	PPP Mbrs only
10:45 am	■ Zumba®	Studio 1	Drop-in
11:00 am	■ Aqua Arthritis	Pool	Drop-in

4:45 pm	★ ZUMBATOMIC® (Grades K-8)	STUDIO 1	PPP FREE, PP FEE
6:00 pm	◆ BodyPump®	Studio 1	PPP Mbrs only
6:15 pm	▲ Studio Cycling (45 min)	Cycle Studio	PPP, PP Drop-in

Saturday

6:30 am	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
8:00 am	■ Zumba®	Studio 1	Drop-in
	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
	◆ Yoga II (85 min)	Studio 2	PPP Mbrs only
9:15 am	◆ BodyVive®	Studio 1	PPP Mbrs only
9:30 am	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
9:45 am	◆ Yoga I	Studio 2	PPP Mbrs only
10:00 am	■ Aqua Arthritis Plus	Pool	Drop-in
10:30 am	◆ BodyPump®	Studio 1	PPP Mbrs only
10:45 am	▲ S Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in

Sunday

7:30 am	▲ Studio Cycling (60 min)	Cycle Studio	PPP, PP Drop-in
8:30 am	■ Expr. Zumba® Gold (45 min)	Studio 1	Drop-in
	◆ Tai Chi	Studio 2	PPP Mbrs only
9:00 am	▲ Studio Cycling (75 min)	Cycle Studio	PPP, PP Drop-in
9:30 am	◆ BodyPump®	Studio 1	PPP Mbrs only
	◆ Yoga II/III (85 min)	Studio 2	PPP Mbrs only
10:00 am	◆ Ai Chi	Pool	PPP Mbrs only
11:00 am	◆ Yoga I	Studio 2	PPP Mbrs only

◆ PPP class, preregistration required. Check in at front desk.	KEY
▲ PPP Members priority preregistration, PP Members drop-in on space available basis. Register at front desk.	
■ Drop-in. Open to all Members. Sign in at front desk or pool.	
* Free for PPP Members, fee for all other Members. Register at front desk.	
● Fee for all Members. Register at front desk.	
★ KIDS CLASS.	
S Seasonal class.	

See reverse for class descriptions

Class Descriptions Athletic Club

All classes are 55 minutes unless otherwise noted.

◆ PPP Members only

Preregistration required. Check in at front desk required 10 min before BodyPump®, 5 minutes before all other PPP classes.

Ai Chi Gentle mind and body exercises in warm water. (45 minutes)

BodyPump® Weight training set to motivating music, using barbells with changeable weights for all fitness levels.

BodyVive® Low impact workout at various intensities plus strengthening, balance, and core exercises.

Gentle Yoga Focus on stress reduction and flexibility, using slow, conscious movements.

Power Flow Yoga A more athletic based flow style yoga, with props as needed. Offered in various levels.

Qigong A less complex form of Tai Chi. Great for beginners.

Raja Yoga Traditional warm-up followed by a challenging practice of poses held for full effect.

Tai Chi Ancient Chinese discipline tones muscles, relaxes nerves without overtaxing heart or joints.

Yoga I For beginning students with focus on basic postures.

Yoga I/II For experienced students building on basic postures/poses.

Yoga II Adding revolved, seated and some inversions.

Yoga II/III More emphasis on inversions, backbends and arm balances.

Zumba® Toning Zumba® fitness with toning sticks for added light-weight resistance. (45 minutes)

▲ PPP, PP Drop-in

Priority registration for PPP Members. Check in at front desk required at least 5 minutes before all cycle classes.

Express Cycling Experience all the hills, flats and drills of Studio Cycling in only 30 minutes.

Studio Cycling Experience hills, flats, interval and endurance work fueled by motivating music. (45, 60 or 75 minutes)

● Fee

Fee for all Members. Register at front desk.

Aikido Ancient, yet modern Japanese Martial arts involving throws and joint locks. Focus is on self-defense, physical fitness, piece of mind. Call the front desk for more information.

Judo Learn to fall safely, throw opponents, grapple for control. Goal is maximum efficiency with minimal effort. Call the front desk for more information.

Pilates Mat Learn classical sequences of Pilates routine on a floor mat. Offered in various levels.

Pilates Reformer Experience Pilates movements on reformer, a specialized piece of Pilates apparatus using springs for assistance and resistance. Offered in various levels. Check out the current Activities Guide or go online at ColumbiaAssociation.com for current schedules.

Zumba® Circuit Incorporate Zumba® dance fitness intervals and weight/strength training.

■ Drop-in

Open to all Members. Check in at front desk required 5 minutes before all classes.

Aqua Arthritis Gentle exercises to help decrease pain and stiffness. (45 minutes)

Aqua Arthritis Plus Gentle exercises to help decrease pain and stiffness with an increased endurance phase. (45 minutes)

Arthritis Exercise Gentle exercises to help decrease pain and stiffness.

Basic Aerobics Varying intensity, low impact aerobics and some muscle conditioning.

Cardio, Core & More Cardio training, strength building, and core conditioning

Dance Works Creative aerobic dance combinations to the latest top music.

Express Zumba® Gold A 45-minute Zumba® Gold class.

Tae Bo® Total body workout combining self-awareness, martial arts and boxing.

Zumba® A fitness party workout that includes exciting and unique Latin rhythms and moves.

Zumba® Gold A modified lower impact, beginning version of Zumba®.

* Free for PPP, Fee for PP

Register at front desk.

Basic Training Intense military style workout with running, calisthenics, agility and flexibility training. (60 minutes)

Core Conditioning Uses the latest techniques and tools to strengthen and tone your mid-section. (30-45 minutes)

willPower & grace® Barefoot training that blends mind and body disciplines with cardiovascular exercise. (45 minutes)

Women, Weights & Osteoporosis Learn to use free weights and to incorporate them into your workout. (45 minutes)

★ Kids Classes

Fee for all Members unless noted. Register at front desk unless noted.

Beg-Adv Tae Kwon Do A popular form of Martial Arts to improve strength and coordination, relieve stress and self defense for ages 7+. (45 minutes)

Boot Camp for Kids Outdoor exercise class mixing traditional calisthenics with interval and strength training. (45 minutes)

Hip Hop for Kids Learn new creative dance skills while having fun. Free to KidSpace members. Register in KidSpace. (45 minutes)

Lil' Dragons Learn discipline, cooperation and respect through Martial Arts for ages 4-6. Register at Columbia Gym, 410-531-0800. (30 minutes)

Recess & Results® National youth movement program involving fun, games and fitness activities. Register in KidSpace. (45 minutes)

Zumbatomic® Fun exciting way to move, have fun and learn to dance to Latin music. **Free for KidSpace Members.** Register in KidSpace. (45 minutes)