

Columbia Gym 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.** Columbia Gym, 410-531-0800.

Monday

5:45 am	■ S Tae Bo®	Studio 1	Drop-in
6:00 am	* Basic Training	Outside	PPP Free, PP Fee
	▲ S Studio Cycling (60 min)	Studio 1	PPP, PP Drop-in
9:30 am	▲ Endurance Cycling (75 min)	Studio 2	PPP, PP Drop-in
	■ Aqua Zumba®	Pool	Drop-in
9:35 am	◆ Advanced Aerobox	Adult Arena	PPP Mbrs only
10:45 am	■ Zumba® Gold	Studio 1	Drop-in
10:55 am	■ S Express Abs	Studio 2	Drop-in
12:00 pm	◆ S BodyPump®	Studio 1	PPP Mbrs only

4:30 pm	★ TINY DRAGONS	MA STUDIO	FEE (Ages 2-3)
5:00 pm	★ LIL' DRAGONS	STUDIO 1	FEE (Ages 4-6)
5:30 pm	★ LIL' DRAGONS	STUDIO 1	FEE (Ages 4-6)
6:00 pm	★ BEG-INT TAE KWON DO	STUDIO 1	FEE (Ages 7+)
	■ Zumba®	Youth Arena	Drop-in
6:45 pm	★ LIL' DRAGONS	STUDIO 1	FEE (Ages 4-6)
7:00 pm	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
	● Pilates Mat I/II	MA Studio	Fee
7:15 pm	★ INT-ADV TAE KWON DO	STUDIO 1	FEE (Ages 7+)
8:15 pm	◆ BodyPump®	Studio 1	PPP Mbrs only

Tuesday

5:45 am	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
	◆ BodyPump®	Studio 1	PPP Mbrs only
7:50 am	* Core Conditioning	Studio 1	PPP Free, PP Fee
9:30 am	◆ Yoga I/II	MA Studio	PPP Mbrs only
	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
9:35 am	■ Kickboxing	Studio 1	Drop-in
10:45 am	◆ Yoga I	MA Studio	PPP Mbrs only
	● Pilates MVe™ Chair II/III	Studio 1	Fee
12:00 pm	◆ BodyPump®	Studio 1	PPP Mbrs only

6:15 pm	◆ Yoga II (70 min)	MA Studio	PPP Mbrs only
6:30 pm	■ Dance Works	Studio 1	Drop-in
	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
7:30 pm	◆ Yoga I	MA Studio	PPP Mbrs only

Wednesday

6:00 am	* Basic Training	Outside	PPP Free, PP Fee
9:30 am	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
	■ Aqua Fitness	Pool	Drop-in
9:35 am	◆ BodyStep®	Studio 1	PPP Mbrs only
9:45 am	★ RECESS & RESULTS®	KIDSPACE	FEE (Ages 3-5)
10:35 am	◆ Flow Yoga (No props)	Studio 2	PPP Mbrs only
10:45 am	◆ BodyPump®	Studio 1	PPP Mbrs only

5:30 pm	◆ BodyPump®	Studio 1	PPP Mbrs only
6:30 pm	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
6:45 pm	■ Tae Bo®	Studio 1	Drop-in
7:00 pm	★ BEG-ADV TAE KWON DO	MA STUDIO	FEE (Ages 7+)
8:00 pm	◆ BodyPump®	Studio 1	PPP Mbrs only

Thursday

5:45 am	▲ Studio Cycling (45 min)	Studio 2	PPP, PP Drop-in
7:50 am	* Core Conditioning	Studio 1	PPP Free, PP Fee
8:30 am	● Pilates MVe™ Chair I/II	Studio 1	Fee
9:30 am	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
9:35 am	■ Kickboxing	Studio 1	Drop-in
10:30 am	◆ Yoga II (75 min)	MA Studio	PPP Mbrs only

Thursday (continued)

12:00 pm	◆ BodyPump®	Studio 1	PPP Mbrs only
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5:30 pm	● SharQui Belly Dance	Studio 2	Fee
5:30 pm	★ RECESS & RESULTS®	KIDSPACE	FEE (Ages 6-11)
6:00 pm	■ DanceSport Endurance	Adult Arena	Drop-in
6:30 pm	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
	■ Aqua Zumba®	Pool	Drop-in
	★ BEG-INT TAE KWON DO	STUDIO 1	FEE (Ages 7+)
7:00 pm	● Hip Hop Line Dancing	Youth Arena	Fee
7:15 pm	★ FAMILY TAE KWON DO	MA STUDIO	FEE
7:40 pm	◆ S Tai Chi	Studio 2	PPP Mbrs only

Friday

5:45 am	◆ BodyPump®	Studio 1	PPP Mbrs only
6:00 am	* Basic Training	Outside	PPP Free, PP Fee
9:30 am	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
9:35 am	■ Total Conditioning +	Adult Arena	Drop-in
	● Zumba® Circuit	Studio 1	Fee
10:35 am	◆ Flow Yoga (No props)	Studio 2	PPP Mbrs only
10:45 am	● Pilates Mat I/II	MA Studio	Fee
	◆ BodyStep®	Studio 1	PPP Mbrs only

5:45 pm	◆ Yoga I	MA Studio	PPP Mbrs only
6:00 pm	■ Zumba®	Youth Arena	Drop-in
6:30 pm	★ KUNG FU	STUDIO 1	FEE

Saturday

7:05 am	◆ BodyPump®	Studio 1	PPP Mbrs only
8:15 am	■ Kickboxing	Studio 1	Drop-in
	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
9:00 am	■ Aqua Fitness	Pool	Drop-in
9:15 am	■ Half and Half	Studio 1	Drop-in
9:30 am	▲ S Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
10:00 am	★ ZUMBATOMIC® (Grades K-8)	KIDSPACE	PPP FREE, PP FEE
10:15 am	◆ BodyStep®	Studio 1	PPP Mbrs only
11:00 am	◆ Yoga I/II	MA Studio	PPP Mbrs only
	■ Dance Works	Youth Arena	Drop-in

Sunday

7:15 am	▲ S Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
8:35 am	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
9:00 am	■ S Step Combo	Studio 1	Drop-in
9:15 am	■ Zumba®	Youth Arena	Drop-in
9:45 am	◆ S Flow Yoga	MA Studio	PPP Mbrs only
10:15 am	◆ BodyPump®	Studio 1	PPP Mbrs only
11:30 am	■ S DanceSport Endurance™	Youth Arena	Drop-in

KEY	
◆	PPP class, preregistration required. Check in at front desk.
▲	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.
§	Seasonal class.

See reverse for class descriptions

Class Descriptions Columbia Gym

All classes are 55 minutes unless otherwise noted.

◆ PPP Members only

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

Advanced Aero Box Intense class with traditional boxing movements.

BodyPump® Weight training set to motivating music, using barbells with changeable weights for all fitness levels. Check in 10 minutes before class required.

BodyStep® A simple, fun, athletic workout on an adjustable platform to exciting music. Check in 5 minutes before class required.

Flow Yoga Techniques stressing strength and flexibility. No props.

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

T'ai 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.

▲ PPP, PP Drop-in

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

Endurance Cycling A 75-minute, lower intensity version of Studio Cycling.

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

● Fee

Fee for all Members. Register at front desk.

Hip Hop Line Dancing Learn the latest line dances with a hip hop flare.

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

Pilates MVe™ Chair Pilates movements on a chair with springs for resistance to challenge balance and control. Offered in various levels.

SharQui Bellydance An anatomical approach to belly dance that will help you gain strength, stamina, and isolation while working the entire body.

Zumba® Circuit Incorporate Zumba® dance fitness intervals and weight/strength training with a Personal Trainer and a Zumba® instructor.

* 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)

■ Drop-in

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

Aqua Fitness Aerobics, flexibility and muscle conditioning in shallow water.

Aqua Zumba® All the fun of Zumba®, the intensity of dance movements with the support and resistance of the water

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

DanceSport Endurance™ Cardio workout that teaches the basics of 12 different Ballroom/Latin dances. High/low intensity. No partners necessary.

Express Abs Strengthen and tone abs, lower back and core in 30 minutes.

Half and Half 30-minute hi/lo aerobics, 25-minute muscle conditioning with Resist-a-Balls/weights.

Kickboxing Aerobic conditioning emphasizing martial arts-type movements.

Step Combo High intensity step class with varied footwork.

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

Total Conditioning+ Muscle conditioning using a weighted bar, hand weights, exercubes, and/or resist-a-balls and includes 20 minutes of cardio.

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

Zumba® Gold A modified low impact version of Zumba®.

★ Kids Classes

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

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

Family Tae Kwon Do Try this fun martial arts class with your child. (45 minutes)

Int-Adv Tae Kwon Do A fun progress oriented experience that will instill a positive attitude, build confidence, develop character and teach safety skills. (45 minutes)

Kung Fu Fun and enriching class designed for youth of all levels. Develop coordination, balance, flexibility, strength, speed, discipline and self confidence. (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)

Tiny Dragons For 2-3 year olds, focus on balance, coordination, basic listening, and motor skills through drills, games and activities. (30 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)