

Group Fitness program and class descriptions

Updated and effective **July 1, 2010**

The Columbia Association Group Fitness Program is designed to give members a large selection of classes taught by certified instructors. Our goal is to provide each participant with the safest, most effective exercise classes available. Many classes are available to Package Plan and Club Members on a drop-in basis. Some classes are reserved for Package Plan Plus members only and are shaded on the schedules. **An online/telephone reservation system for Package Plan Plus classes is in place. Please see information available at the clubs and on our web site, www.ColumbiaAssociation.org, about the procedure.**

Unless noted in the class description, classes are 55 minutes long. All may register for class up to 30 minutes ahead of time in person. Package Plan Plus members may register in advance for Package Plan Plus classes. **For safety and courtesy, do not enter class once it has started.** *Consistent attendance of 10 or more is required to keep class on schedule. Appropriate athletic shoes are required and members must be least 14 years old to attend group fitness classes.* **Please Note:** Schedules subject to change.
+ Classes include extended muscle conditioning (15 extra minutes)

GROUP FITNESS CLASSES

Adv Aerobox — intense class with traditional boxing movements
Arthritis Exercise — gentle exercises to help decrease pain and stiffness. 55 min.
Basic Aerobics — varying intensity, low impact aerobics, including some muscle conditioning
Body Pump™ — weight training set to motivating music, using barbells with changeable weights for all fitness levels, **check in 10 minutes before class required. PPP members only.**
BodyVive™ — low impact workout at the intensity you choose plus strengthening, balance, and core exercises to fun, inspiring music. **PPP members only. Check in 5 minutes before class required.**
Express BodyVive™ — a 45 min. BodyVive class. **PPP members only. Check in 5 minutes before class required.**
Dance Works — creative dance combinations to the latest top music
Express Cardio + — 45 min. of energetic cardio conditioning
Express Abs — strengthen and tone abs, lower back and core in 30 min.
Express Abs + — Express Abs plus some muscle conditioning (45 min)
Express Zumba™ — Introduction to Zumba that teaches the basic moves including salsa, meringue, and more (45 min)

Half and Half — 30 min. hi/lo aerobics, 25 min. muscle conditioning with Resist-a-Balls/Weights
Kick Boxing — aerobic conditioning emphasizing martial arts-type movements
Rhythm and Flow — Choreography with a Latin flair.
Rock and Roll — Rock: 45 min. hi/lo aerobics, Roll: 20 min. of body conditioning using Resist-a-Balls
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
Total Conditioning + — Muscle conditioning using a weighted bar, hand weights, exercubes, and/or resist-a-balls and includes 20 minutes of cardio
Zumba™ — exciting and unique Latin moves and rhythms
Zumba Gold™ — a modified low impact version of Zumba™
Zumba Toning™ — Zumba™ class with light weight toning sticks to combine dance and resistance exercises. **PPP members only. Check in 5 minutes before class required.**

STEP CLASSES

Step Combo classes are available to all members. Sign up begins 30 minutes prior to class at the front desk. BodyStep classes are for PPP members only.

BodyStep™ — a simple, fun, athletic workout on an adjustable platform to exciting music. **PPP members only. Check in 5 minutes before class required.**
Express BodyStep™ — a 45 min BodyStep class. **PPP members only. Check in 5 minutes before class required.**

Express Step Combo — a 45 min version of Step Combo
Step Combo — high intensity step class with some complex step moves
Step Interval — Step training for cardiovascular work, resistance training for muscular strength

MIND/BODY CLASSES

Check in 5 minutes before class required, Package Plan Plus Members only

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
Ashtanga Yoga — vigorous flow of sun salutations, standing and seated postures and inversions
Flow Yoga — no props, level I/II flow yoga techniques stressing strength and flexibility (45 min)

Gentle Yoga — focus on stress reduction and flexibility, using slow, conscious movements with breath awareness
Power Flow Yoga — a more athletic based flow style yoga, with props as needed.
Power Flow Yoga II — a more advanced Power Flow yoga class
Qigong — a less complex form of T'ai Chi. Great for beginners
Restorative Yoga — unwind with gentle movements followed by longer held supported poses
T'ai Chi I/II — ancient Chinese discipline tones muscles, relaxes nerves without overtaxing heart or joints