

REMEMBER TO CANCEL YOUR RESERVATION VIA THE APP OR CALL THE CLUB IF YOU CANNOT ATTEND.



Updated and effective **June 1, 2021**. Visit clubs or go to [ColumbiaAssociation.org/fitnessschedules](http://ColumbiaAssociation.org/fitnessschedules) for updated information. All classes require preregistration (see box below). Schedule and instructor may change without notice. Class size is limited to allow for physical distancing. Walk-in on a space available basis only; check at the front desk. Members and team members will be asked to clean any equipment used. **Please bring any additional equipment you may need such as a water bottle and cycle gel seat.** Please be in the studio two minutes before class begins or your space may be given away. Questions? Email: [Group.Fitness@ColumbiaAssociation.org](mailto:Group.Fitness@ColumbiaAssociation.org).

**\* NEW Registration procedures:**

**All classes require preregistration.** Preregister online, in person, or by calling the club of your choice. **CA Fit&Play, Golf Fit&Play** may register **48** hours in advance. **1Fit** members may register for classes at their club **24** hours in advance. **All cycle classes are cardio and masks are optional.**

| AM | MONDAY  | TUESDAY                                | WEDNESDAY  | THURSDAY                               | FRIDAY                                       | SATURDAY                               | SUNDAY                                 |
|----|---|--|--|--|--|--|--|
|    | ● 9:45am<br>MyCycle<br>(45 min)<br>CG         | ● 5:45am<br>MyCycle<br>(45 min)<br>AC  |  | ● 5:45am<br>MyCycle<br>(45 min)<br>SSC | ● 9:30am<br>MyMusic<br>(45 min)<br>AC        | ● 8:30am<br>MyCycle<br>(45 min)<br>CG  | ● 9:30am<br>MyCycle<br>(45 min)<br>SSC |
|    |   | ● 9:30am<br>MyRide<br>(45 min)<br>SSC  |  | ● 9:30am<br>MyRide<br>(45 min)<br>SSC  |  | ● 9:00am<br>MyMusic<br>(45 min)<br>AC  | ● 9:30am<br>MyMusic<br>(45 min)<br>AC  |
|    |   |  |  | ● 10:00am<br>MyCycle<br>(45 min)<br>AC |  | ● 9:30am<br>MyRide®<br>(45 min)<br>SSC |  |
| PM | MONDAY  | TUESDAY                                | WEDNESDAY  | THURSDAY                               | FRIDAY                                       | SATURDAY                               | SUNDAY                                 |
|    | ● NEW<br>5:45pm<br>MyMusic<br>(45 min)<br>SSC | ● 5:45pm<br>MyRide®<br>(45 min)<br>SSC | ● 12:00pm<br>MyCycle<br>(45 min)<br>CG             | ● 5:45pm<br>MyMusic<br>(45 min)<br>SSC | ● NEW<br>5:30pm<br>MyCycle<br>(45 min)<br>AC |  |  |
|    |   | ● 6:45pm<br>MyRide®<br>(30 min)<br>SSC | ● NEW TIME<br>5:45pm<br>MyMusic<br>(45 min)<br>SSC | ● 6:15pm<br>MyCycle<br>(45 min)<br>CG  |  |  |  |
|    |   |  | ● 6:00pm<br>MyCycle<br>(45 min)<br>AC              |  |  |  |  |

Class type: ● MyCycle ● MyRide ● MyMusic

AC Columbia Athletic Club, 410-730-6744 • CG Columbia Gym, 410-531-0800 • SSC Supreme Sports Club, 410-381-5355

