GROUP FITNESS

THE ATHLETIC CLUB OF COLUMBUS
Established 1912

• SPRING 2013 •

effective April 1 - June 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 7:00 am **Spindurance** Spinning Studio Erin	6:00 - 7:00 am **Spindurance** Spinning Studio Erin	6:00 - 7:00 am **Spindurance** Spinning Studio Erin	6:00 - 7:00 am **Spindurance** Spinning Studio	8:00 - 8:45 am **Ride in 45** Spinning Studio Lisa	
6:30 - 7:30 am **Master Swim** Pool Reggie	9:00 - 10:00 am **Water Aerobics** Pool Ann	6:30 - 7:30 am **Master Swim** Pool Reggie	9:00 - 10:00 am **Water Aerobics** Pool Ann	6:30 - 7:30 am **Master Swim** Pool Reggie	8:30 - 9:25 am **Balance** Fitness Studio Noelle	
9:30 - 10:30 am **Super Sculpt** Fitness Studio Blair	10:00 - 10:30 am **Cardio Express** Fitness Studio Blair	9:30 - 10:30 am **Mat Pilates** Fitnes Studio Jordan		9:30 - 10:30 am **Super Sculpt** Fitness Studio Blair	9:30 - 10:30 am **ZUMBA + Abs** Fitness Studio Patricia	
11:30 - 12:15 pm **Spin & Sculpt** Spinning Studio Dr. Sandy	11:30 - 12:15 pm **Spin & Sculpt** Spinning Studio Kate	11:30 - 12:15 pm **Ride in 45** Spinning Studio Laura	11:30 - 12:15 pm **Spin & Sculpt** Spinning Studio Kate	11:30 - 12:15 pm **Spin & Sculpt** Spinning Studio Dr. Sandy	9:30 - 10:30 am **Spindurance** Spinning Studio Nicole	11:15 - 12:00 pm **Cardio Kickboxing** Fitness Studio Dr. Sandy
		12:15 - 1:00 pm **Sweat & Sculpt** Fitness Studio Kate				
12:30 - 1:15 pm **Ride in 45** Spinning Studio Laura	12:30 - 1:15 pm **Ride in 45** Spinning Studio Lisa	12:30 - 1:15 pm **Ride in 45** Spinning Studio Laura	12:30 - 1:15 pm **Ride in 45** Spinning Studio Kate	12:30 - 1:15 pm **Ride in 45** Spinning Studio Erin		4:00 - 5:00 pm **Spinervals** Spinning Studio Jennifer
6:00 - 7:30 pm **Modified Ashtanga Yoga** Fitness Studio / Nora	6:00 - 7:00 pm **Mat Pilates** Fitness Studio Jessica / Jordan	6:00 - 7:00 pm **Warrior Workout** Fitness Studio Blair	6:00 - 7:30 pm **Modified Ashtanga Yoga** Fitness Studio / Nora			
6:15 - 7:15 pm **Spinervals** Spinning Studio Jennifer						

Child Care Hours:
Monday - Friday
9 AM - 1:30 PM & 5 PM - 9 PM
Saturday
7:30 AM - 12 PM

Infant Care Hours:
Monday - Friday
9 AM - 1:30 PM & 5 PM - 9 PM

Classes in **blue** require an additional fee. Please contact Athletic Director Dana Johnson, 5th Floor Office, with questions.

*Subject to change.