



GROUP EXERCISE WITH THE JCC

More Information about all of these class available at columbusjcc.org/fitness or contact Carlie Snyder, Fitness Director at csnyder@columbusjcc.org or 614.559.6237

SUNDAY

Class	Time	Location	Instructor
Yoga	8:30AM	Courtyard	Stacey
LaBlast	12:00PM	Facebook Live	Robert
TBD	5:00PM	Facebook Live	TBD

MONDAY

Class	Time	Location	Instructor
GRIT Cardio	6:15AM	Tennis Courts	Dana
Pilates	8:30AM	Courtyard	Megan
Senior Fit	12:00PM	Zoom	Beth
Cardio Strength	5:00PM	YouTube Video	Chelsea

TUESDAY

Class	Time	Location	Instructor
High Intensity/ Low Impact	8:30AM	Tennis Courts	Vicki
Pilates	12:00PM	Facebook Live	Kyle
MetCon	6:30PM	Tennis Courts	Jason

Reserve your spot for any in-person class at columbusjcc.org/reservations

WEDNESDAY

Class	Time	Location	Instructor
Boot Camp	6:15AM	Tennis Court	Chelsea
Spinning	8:30AM	Courtyard	Jon
Senior Fit	12:00PM	Zoom	Beth
Squats & Tots	3:00PM	YouTube Video	Lindsay
Boxing HIIT	5:00PM	YouTube Video	Chelsea

THURSDAY

Class	Time	Location	Instructor
High Intensity/ Low Impact	8:30AM	Tennis Court	Vicki
HIIT	12:00PM	YouTube Video	Mixed
GRIT Cardio	6:30PM	Tennis Court	Courtney

FRIDAY

Class	Time	Location	Instructor
GRIT Cardio	6:15AM	Tennis Court	Dana
Spinning	8:30AM	Courtyard	Jon
Senior Fit	12:00PM	Zoom	Beth
Killer Core	5:00PM	YouTube	Chelsea

Facebook Live and YouTube Video Classes will be available at the time noted at [Facebook.com/ColumbusJCC](https://www.facebook.com/ColumbusJCC)



The Jewish Community Center of Greater Columbus