

GROUP EXERCISE WITH THE JCC

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

Facebook Live and YouTube Video Classes will be available at the time noted at Facebook.com/ColumbusJCC

SUNDAY

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

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
Bootcamp	6:30PM	Tennis Courts	Jason

WEDNESDAY

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

THURSDAY

Class	Time	Location	Instructor
High Intensity/ Low Impact	8:30AM	Tennis Court	Vicki
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

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



**The Jewish Community Center
of Greater Columbus**