

STARTING IN MAY

BODY PUMP

WEDNESDAYS

6:30 – 7:15pm with Courtney

This 45 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.

Great music, awesome instructors and your choice of weight inspires you to get the results you came for – and fast!



DIAMOND
FAMILY FITNESS CENTER 
at the



The Jewish Community Center
of Greater Columbus

