

MARCH/APRIL

SUNDAY

TIME	CLASSES	LOCATION	INSTRUCTOR
8:30 - 9:30am	Spinning	S	Stacey G/Nicole
8:45 - 9:45am	Body Pump	1	Courtney/Dana
8:45 - 9:45am	Vinyasa Yoga	3	Jim
10 - 11am	OCR Bootcamp	W/O	Dana
10 - 11am	Dance Fit	1	Kim
10 - 10:55am	Mixed Level Reformer \$	2	Megan
10 - 10:45am	Spinning	S	Stacey D
11:05 - 11:50am	Barre	1	Kyle/Adrienne
1:30 - 2:30pm	LaBlast	1	Rob

MONDAY

TIME	CLASSES	LOCATION	INSTRUCTOR
6 - 6:45am	Spinning	S	Stacey G
6 - 6:30am	GRIT Cardio \$	1	Dana
7-7:30am	Boxing HIIT \$	Ignite	Chelsea
7:40-8:10am	Team Circuit	Ignite	Chelsea
8 - 8:45am	Cardio Bootcamp	1	Vicki
8:15 - 9:15am	Basic Moves	P	Flo
8:45 - 9:30am	Spinning	S	Jon
9 - 10am	Mat Pilates	1	Megan
9 - 10am	Ashtanga Yoga	3	Michael
9:30 - 10:30am	Deep Water	P	
10 - 10:55am	Fundamentals of Pilates \$	2	Megan
4:30 - 5pm	Total Body Sculpt	1	Michelle W
5 - 5:30pm	Core/Cardio Fusion	1	Michelle W
5-5:30pm	Reformer EXP**\$	R	Megan
5:30-6pm	Reformer EXP**\$	R	Megan
5:45 - 6:15pm	GRIT Cardio \$	1	Courtney
6 - 6:55pm	Mixed Level Reformer \$	2	Megan
6:25-6:55pm	Boxing HIIT \$	Ignite	Courtney
6 - 7pm	Vinyasa Yoga	3	Michael
6 - 7pm	Spin/Core	S/1	Stacey D
7:05 - 8:05pm	Bootcamp	1	Michelle W

TUESDAY

TIME	CLASSES	LOCATION	INSTRUCTOR
6 - 6:45am	Spinning	S	Nicole
7-7:45am	Cardio, Resistance & Core	1	Michelle W
8:15 - 9:15am	Core/Cardio Fusion	1	Vicki
8:20-8:50am	Crosscore \$	Ignite	Chelsea
8:45 - 9:30am	Spinning	S	Jan
9 - 9:30am	Team Circuit	1	Chelsea
9 - 10am	Vinyasa Flow	3	Jim
9 - 9:55am	Intermediate Reformer	2	Kyle
9:30 - 10am	Squats & Tots	1	Lindsay
9:40-10:10am	Boxing HIIT \$	Ignite	Chelsea
10 - 11am	Hydro Power Deep	P	
11:15am - 12:15pm	Restorative Movement	P	
4:45 - 5:30pm	Abs, Arms & Back	1	Dana
5 - 5:50pm	Women On Weights \$	W	Carlie
5:45 - 6:15pm	Boxing HIIT \$	Ignite	Chelsea
6 - 6:45pm	Spinning	S	Mike
6 - 7pm	Yoga Basics	3	Michael
6 - 7pm	Body Pump	1	Michelle
6:25 - 6:55pm	Team Circuit \$	Ignite	Chelsea
7:05 - 7:35pm	CrossCore \$	Ignite	Chelsea
7:15 - 8:15pm	Ashtanga Yoga	3	Michael

WEDNESDAY

TIME	CLASSES	LOCATION	INSTRUCTOR
6 - 6:45am	Spinning	S	Nicole
6 - 6:30am	GRIT Strength \$	1	Dana
7-7:30am	Boxing HIIT \$	Ignite	Chelsea
7:40-8:10am	Team Circuit \$	Ignite	Chelsea
8:15 - 9:15am	Basic Moves	P	
8:30 - 9:15am	Cardio Bootcamp	1	Vicki
8:45 - 9:30am	Spinning	S	Jon
9 - 9:50am	Adv Strength Training \$	W	Carlie
9 - 10am	Slow Flow Yoga	3	Lisa E
9:30 - 10:30am	Deep Water Basics	P	
9:30 - 10:30am	Mat Pilates	1	Kyle
1 - 1:45pm	BOOM	1	Karen
2 - 3pm	Delay the Disease (Parkinson's) \$	1	Beth
2 - 3pm	Zen Yoga	3	Lana
4:45 - 5:30pm	Transformation Camp	1	Michelle W
5:30 - 6:25pm	Jumpboard Interval Reformer \$	2	Carlie
5:45 - 6:15pm	GRIT Strength \$	1	Courtney
6 - 6:45pm	Spinning	S	Mike
6:15 - 7:15pm	Beginner Ballroom	MPR	Carolyn & Ross
6:20 - 7:15pm	LaBlast	1	Rob
5:45-6:15pm	GRIT \$	1	Courtney
6:25-6:55pm	CrossCore	Ignite	Courtney
7:15 - 8:15pm	Bootcamp	1	Chelsea

THURSDAY

TIME	CLASSES	LOCATION	INSTRUCTOR
6 - 7am	Spin/Yoga	S/3	Stacey D
6:30 - 7am	Kinesis	W	Beth
7 - 7:45am	Cardio, Resistance & Core	1	Michelle W
8 - 8:45am	Cardio Bootcamp	1	Vicki
8:20-8:50am	CrossCore \$	Ignite	Chelsea
8:30 - 9:25am	Athletic Training Reformer \$	1	Joyce
8:45 - 9:30am	Spinning	S	Jan
8:45 - 9:30am	Zumba	1	Kim
9-9:30am	Team Circuit \$	Ignite	Chelsea
9 - 10am	Flow Yoga	3	Yogi
9:15 - 10:05am	MetCon \$\$	W	Jason
9:40-10:10am	Boxing HIIT \$	Ignite	Chelsea
9:45 - 10:30am	Flex & Stretch	1	Kim
10 - 11am	Hydro Power Deep	P	
10:45 - 11:35am	MASTER'S Women on Weights \$	W	Heather
11 - 11:30am	Kinesis	W	Chelsea
11:15am - 12:15pm	Restorative Movement	P	
4:30 - 5pm	TABATA	1	Austin
5-5:30pm	Reformer EXP \$	R	Megan
5:30-6pm	Reformer EXP \$	R	Megan
5:45 - 6:15pm	GRIT Athletic \$	1	Courtney
6:20 - 7:20pm	Body Pump	1	Dmitry
6:25 - 6:55pm	CrossCore \$	Ignite	Dana
7:05-7:35pm	Team Circuit \$	Ignite	Dana
7:30 - 8:15pm	Zumba	1	Sharona

FRIDAY

TIME	CLASSES	LOCATION	INSTRUCTOR
6 - 6:30am	GRIT Athletic \$	1	Dana
6 - 6:45am	Spinning	S	Jon
7-7:30am	Boxing HIIT \$	Ignite	Chelsea
7:40-8:10am	Team Circuit \$	Ignite	Chelsea
8 - 8:45am	Cardio Bootcamp	1	Vicki
8:45 - 9:30am	Spinning	S	Laura
8:15 - 9:15am	Basic Moves	P	
9 - 10am	Flow Yoga	3	Jim
9 - 9:45am	Zumba	1	Nurit
9:05 - 10am	Athletic Training Reformer \$	2	Carlie
9:30 - 10:30am	Deep Water Basics	P	
9:45 - 10:45am	Mat Pilates	1	Kyle
10:45 - 11:30am	Zumba Gold	1	Gail
1 - 1:45pm	BOOM	1	Karen
4:30 - 5:30pm	20/20/20	1	Michelle W

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For more information or questions about the schedule, please contact Fitness Director, Carlie Snyder, at csnyder@columbusjcc.org.



1 - Group Exercise Studio; 2 - Reformer Room; 3 - Yoga Studio (3rd Floor); S - Spin Studio; W - Weight Room; P - Pool; GYM - Auxiliary Gymnasium. O - Obstacle Course (Outside)

\$ Additional fee required. Training participation. Instructors and times are subject to change.

Please arrive on time to class. Late arrival not allowed for some classes.