



GROUP EXERCISE CLASSES

Register for classes online at ColumbusJCC.org or through the Mindbody App
Live Classes will be presented in the JCC Virtual Facebook Group

SUNDAY

Class	Time	Location	Instructor
Yoga	8:15am	AUX GYM /FB Live	Stacey D
Bodypump	9:30am	AUX GYM	Dana/Courtney
LaBlast	1:30pm	AUX GYM	Robert

MONDAY

Class	Time	Location	Instructor
GRIT	6:15am	AUX GYM	Dana
Mat Pilates Mixed Level	8:30am	AUX GYM /FB Live	Megan
Senior Fit	12:00pm	ZOOM	Beth
Strength	4:30pm	FB Live	Chelsea
Bodypump	5:30pm	AUX GYM	Sharron

TUESDAY

Class	Time	Location	Instructor
High Intensity/ Low Impact	8:30am	AUX GYM	Vicki M
Pilates	12:00pm	FB Live	Kyle
Spinning	5:30pm	AUX GYM	Vicki F

More Info? Questions?

Go to ColumbusJCC.org or contact
Carlie Snyder, Fitness Director at
csnyder@columbusjcc.org or 614.559.6237

WEDNESDAY

Class	Time	Location	Instructor
Boot Camp	6:15am	AUX GYM	Chelsea
Spinning	8:00am	AUX GYM	Stacey G
Intermediate Mat Pilates	9:15am	AUX GYM /FB Live	Megan
Senior Fit	12:00pm	ZOOM	Beth
Boxing HIIT	5:00pm	Youtube	Chelsea
Bodypump	5:30pm	AUX GYM	Sharron

THURSDAY

Class	Time	Location	Instructor
High Intensity/ Low Impact	8:30am	AUX GYM	Vicki M
Strength	12:00pm	FB Live	Jason
Yoga	5:45pm	AUX GYM /FB Live	Stacey D
GRIT	7:00pm	AUX GYM	Courtney

FRIDAY

Class	Time	Location	Instructor
GRIT	6:15am	AUX GYM	Dana
Spinning	8:15am	AUX GYM	Stacey G
Senior Fit	12:00pm	ZOOM	Beth
Killer Core	12:00pm	FB Live	Chelsea

