



# GROUP EXERCISE CLASSES

Register for classes online at [ColumbusJCC.org](http://ColumbusJCC.org) or on the Mindbody App

## YOGA/PILATES

### SUNDAYS:

- Yoga w/ Stacey D @ 8:15a (GER)

### MONDAYS:

- Mat Pilates (Mixed Level) w/ Megan @ 8:30a (GER)

### TUESDAYS:

- Yoga w/ Jimmy @ 9:30a (GER)
- Yoga for Every BODY w/ Jen @ 5:45p (GER)

### WEDNESDAYS:

- Intermediate Mat Pilates w/ Megan @ 9:15a (GER)
- **Beginning Yoga w/ Liz @ 5:30p (J-ZONE)**

### THURSDAYS:

- Yoga for Every BODY w/ Michele W @ 10:30a (GER)
- Yoga w/ Stacey D @ 5:45p (GER)

### FRIDAYS:

- Power Yoga w/ Larissa @ 9:00a (GER)
- Chair Yoga w/ Liz @ 11:00a (GER)

## WATER AEROBICS

### MONDAYS:

- Shallow/Deep Combo w/Jenni @ 10:00a (IP)

### TUESDAYS:

- Shallow Water w/Jenni @ 9:00a (IP)
- Deep Water Aqua Power w/Flo @ 10:00a (IP)
- Restorative Shallow Water w/Flo @ 11:30a (IP)

### WEDNESDAYS:

- HIIT Water w/ Jenni @ 6:00p (IP)

### THURSDAYS:

- Deep Water Workout w/Jenni @ 10:00a (IP)

### FRIDAYS:

- Shallow Water Aqua Fit w/ Flo @ 9:00a (IP)
- HIIT Water w/ Jenni @ 10:00a (IP)

## CYCLING

### MONDAYS:

- Cycling w/ Jon @ 9:45a (CS)
- Express Cycle w/ Vicki F @ 5:30p (CS)

### WEDNESDAYS:

- Cycling w/ Stacey G @ 8:15a (CS)
- Express Cycle w/ Jon @ 5:30p (CS)

### FRIDAYS:

- Cycling w/ Stacey G @ 8:15a (CS)

### SUNDAYS:

- Cycling @ 8:30a (CS)

### SUNDAYS:

## DANCE

- LaBlast w/ Robert @ 1:30p (GER)

### MONDAYS:

- **Hip-Hop w/ Sonia @ 7:15p (GER)**

### TUESDAYS:

- Zumba Gold w/ Gail @ 12:00p (GER)

### WEDNESDAYS:

- LaBlast w/ Robert @ 7:15p (GER)

### THURSDAYS:

- WERQ w/ Catherine @ 9:30a (GER)

## CARDIO

### TUESDAYS:

- High Intensity/Low Impact w/ Vicki M @ 8:30a (GER)
- GRIT w/ Rikki @ 7:00p (GER)

### WEDNESDAYS:

- GRIT w/ Courtney @ 6:00a (GER)

### THURSDAYS:

- High Intensity/Low Impact w/ Vicki M @ 8:30a (GER)
- GRIT w/ Courtney @ 7:00p (GER)

### FRIDAYS:

- GRIT w/ Rikki @ 6:00a (GER)

## STRENGTH

### SUNDAYS:

- BodyPump @ 9:30a (GER)
- Core & Stretch w/ Adrienne @ 10:40a n(GER)

### MONDAYS:

- BodyPump w/ Sharron @ 6:00p (GER)

### TUESDAYS:

- **Express Strength w/ Kaila @ 4:30p (GER)**

### WEDNESDAYS:

- BodyPump w/ Sharron @ 6:00p (GER)

### THURSDAYS:

- **Express Strength w/ Rikki @ 4:30p (GER)**

### FRIDAYS:

- **BodyPump w/ Rachel @ 4:30p (GER)**

## SENIOR EXERCISE

### MONDAYS:

- Senior Fit w/ Liz @ 12:00a (GER)

### TUESDAYS:

- Senior Water Fit w/ Flo @ 10:00a (IP)

### WEDNESDAYS:

- Senior Fit w/ Beth @ 12:00p (GER)

### THURSDAYS:

- Senior Fit w/ Vicki M @ 12:00p (GER)

### FRIDAYS:

- Senior Fit w/ Gail @ 12:00p (GER)

## ROOM LOCATION KEY

**CY:** Outdoor Courtyard

**CS:** Cycling Studio

**GER:** Group Exercise Room

**TC:** Tennis Court

**IP:** Indoor Pool

**FB Live:** Streaming on Facebook

*\*BLUE IDENTIFIES NEW CLASS OFFERINGS\**

Questions? Need more info?  
Contact Carlie Snyder at 614.559.6237  
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