



GROUP EXERCISE CLASSES

Register for classes online at ColumbusJCC.org or on the Mindbody App

YOGA/PILATES

SUNDAYS:

- Yoga w/ Stacey D @ 8:15a (GER)
- Pilates Reformer w/ Joyce @10:00a

MONDAYS:

- **Vinyasa w/ Skylar @ 8:30a (GER)**
- Pilates Reformer w/ Megan@10:00a

TUESDAYS:

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

WEDNESDAYS:

- Intermediate Mat Pilates w/ Joyce @ 9:15a (GER)

THURSDAYS:

- Pilates Reformer w/ Joyce @9:00a
- Yoga for Every BODY w/ Michele W @ 10:30a (GER)
- Yoga w/ Stacey D @ 5:45p (GER)

FRIDAYS:

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

DANCE

SUNDAYS:

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

MONDAYS:

- HipHop w/ Sonia @ 7:15p (GER)

TUESDAYS:

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

WEDNESDAYS:

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

FRIDAY:

- **Zumba w/ Tori @ 8:30am (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/ Rachel @ 6:00p (GER)

WEDNESDAYS:

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

THURSDAYS:

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

FRIDAYS:

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

WATER AEROBICS

MONDAYS:

- Shallow/Deep Combo w/Jenni @ 9:00a (IP)

TUESDAYS:

- Shallow Water w/Jenni @ 9:00a (IP)
- Deep Water Aqua Power w/Flo @ 10:00a (IP)
- Restorative Shallow Water w/Flo @ 11:15a (IP)

WEDNESDAYS:

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

THURSDAYS:

- Deep Water Workout w/Jenni @ 9:00a (IP)

FRIDAYS:

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

SUNDAYS:

- Aqua Yoga w/ Liz @ 10:00a (IP)

CYCLING

MONDAYS:

- **Cycling w/ Jon @ 8:15a (CS)**
- **Cycling w/ Jon @ 9:30a (CS)**
- Express Cycle w/ Vicki F @ 5:30p (CS)

TUESDAYS:

- **Cycling w/ Stacey D @6:00a (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)

SENIOR EXERCISE

MONDAYS:

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

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 **OP:** Outdoor Pool

BLUE IDENTIFIES NEW CLASS OFFERINGS

Questions? Need more info?
Contact Courtney Wente at
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