



GROUP EXERCISE CLASS SCHEDULE

Register online at ColumbusJCC.org
or on the Mindbody App

WATER AEROBICS

All Classes in Indoor Pool

MONDAYS:

9:00a » Shallow/Deep Combo w/Jenni

TUESDAYS:

9:00a » Shallow Water w/Jenni

10:00a » Deep Water Aqua Power w/Flo

11:15a » Restorative Shallow Water w/Flo

WEDNESDAYS:

6:00p » HIIT Water w/ Jenni

THURSDAYS:

9:00a » Deep Water Workout w/Jenni

FRIDAYS:

9:00a » Shallow Water Aqua Fit w/ Flo

10:00a » HIIT Water w/ Jenni

SUNDAYS:

10:00a » Aqua Yoga w/ Liz @ 10:00a

CYCLING

All Classes in Cycling Studio

MONDAYS:

8:15a » Cycling w/ Jon

9:30a » Cycling w/ Jon

5:30p » Express Cycle w/ Vicki F

TUESDAYS:

6:00a » Cycling w/ Stacey D

WEDNESDAYS:

8:15a » Cycling w/ Stacey G

5:30p » Express Cycle w/ Jon

FRIDAYS:

8:15a » Cycling w/ Stacey G

SUNDAYS:

8:30a » Cycling

YOGA/PILATES

*Classes in Group Exercise Room
unless otherwise noted.*

SUNDAYS:

8:15a » Yoga w/ Stacey D

10:00a » Pilates Reformer w/ Joyce
(In Reformer Studio)

MONDAYS:

8:30a » Vinyasa w/ Skylar

TUESDAYS:

9:30a » Yoga w/ Jimmy

5:45p » Yoga for Every BODY w/ Jen

WEDNESDAYS:

9:15a » Intermediate Mat Pilates w/ Joyce

10:45a » Chair Yoga w/ Liz @ 11:00a

THURSDAYS:

9:00a » Pilates Reformer w/ Joyce
(in Reformer Studio)

10:30a » Yoga for Every BODY w/ Michele W

5:45p » Yoga w/ Stacey D @ 5:45p

FRIDAYS:

9:30a » Vinyasa w/ Skylar

DANCE

All Classes in Group Exercise Room

SUNDAYS:

1:30p » LaBlast w/ Robert

MONDAYS:

7:15p » Hip Hop w/ Sonia

TUESDAYS:

12:00p » Zumba Gold w/ Gail

WEDNESDAYS:

7:15p » LaBlast w/ Robert

FRIDAYS:

8:30a » Zumba w/ Tori

CARDIO

All Classes in Group Exercise Room

TUESDAYS:

8:30a » High Intensity/Low Impact w/ Vicki M

7:00p » GRIT w/ Courtney

WEDNESDAYS:

6:00a » GRIT w/ Courtney

THURSDAYS:

8:30a » High Intensity/Low Impact w/ Vicki M

7:00p » GRIT w/ Courtney

FRIDAYS:

6:00a » Strong30 w/ Tori

STRENGTH

All Classes in Group Exercise Room

SUNDAYS:

9:30a » BodyPump

10:40a » Core & Stretch w/ Adrienne

MONDAYS:

6:00p » BodyPump w/ Rachel

WEDNESDAYS:

6:00p » BodyPump w/ Sharron

THURSDAYS:

4:30p » Express Strength w/ Remy

FRIDAYS:

4:30p » BodyPump w/ Rachel

SENIOR EXERCISE

All Classes in Group Exercise Room

MONDAYS:

12:00p » Senior Fit w/ Liz

WEDNESDAYS:

12:00p » Senior Fit w/ Beth

THURSDAYS:

12:00p » Senior Fit w/ Vicki M

FRIDAYS:

12:00p » Senior Fit w/ Gail (GER)

Need more information?
Contact Courtney Wente at
cwente@columbusjcc.org

***PURPLE IDENTIFIES
NEW CLASS OFFERINGS***



LAST UPDATED 10/31/2022