



# GROUP EXERCISE CLASS SCHEDULE

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

## WATER AEROBICS

*All Classes in Indoor Pool*

### MONDAYS:

9:00a » Shallow/Deep Combo w/ Lorna

### TUESDAYS:

9:00a » Shallow Water w/ Lorna

10:00a » Deep Water Aqua Power w/Flo

11:15a » Restorative Shallow Water w/Flo

### WEDNESDAYS:

6:00p » HIIT Water w/ Lorna

### THURSDAYS:

9:00a » Deep Water Workout w/ Lorna

### FRIDAYS:

9:00a » Shallow Water Aqua Fit w/ Flo

10:00a » HIIT Water w/ Flo

### SUNDAYS:

10:00a » Aqua Yoga w/ Liz

## 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

### SUNDAYS:

8:30a » Cycling

## 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

## 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

## 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

## YOGA/PILATES

*Classes in Group Exercise Room  
unless otherwise noted.*

### SUNDAYS:

8:15a » Yoga w/ Stacey D

### 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

### 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

### FRIDAYS:

9:30a » Vinyasa w/ Skylar

## 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

**Need more information?  
Contact Carlie Snyder at  
[csnyder@columbusjcc.org](mailto:csnyder@columbusjcc.org)  
or 614.559.6237 for details.**

**\*PURPLE IDENTIFIES  
NEW CLASS OFFERINGS\***



LAST UPDATED  
12/7/2022