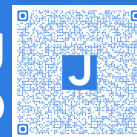




# MARCH 2023 GROUP EXERCISE CLASS SCHEDULE

Register online at [ColumbusJCC.org](https://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

## SENIOR EXERCISE

*All Classes in Group Exercise Room*

### MONDAYS:

11:15a » Senior Fit w/ Kelley

### TUESDAYS:

12:00p » Senior Dance Fit w/ Gail

### WEDNESDAYS:

12:00p » Senior Fit w/ Beth

### THURSDAYS:

12:00p » Senior Fit w/ Vicki M

### FRIDAYS:

12:00p » Senior Fit w/ Gail

## CYCLING

*All Classes in Cycling Studio*

### SUNDAYS:

10:00a » *Cycling*

### MONDAYS:

8:15a » Cycling w/ Jon

9:30a » Cycling w/ Michele W

5:30p » Express Cycle w/ Vicki F

### TUESDAYS:

6:00a » Cycling w/ Stacey D

### WEDNESDAYS:

8:15a » Cycling w/ Michele W

9:30a » *Cycling w/ Jon*

5:30p » Express Cycle w/ Jon

### FRIDAYS:

8:15a » Cycling

## DANCE

*All Classes in Group Exercise Room*

### SUNDAYS:

1:30p » LaBlast w/ Robert

### MONDAYS:

7:15p » Hip Hop w/ Sonia

### TUESDAYS:

12:00p » Senior Dance Fit w/ Gail

### WEDNESDAYS:

7:15p » LaBlast w/ Robert

### FRIDAYS:

8:30a » Zumba 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

## YOGA/PILATES

*Classes in Group Exercise Room  
unless otherwise noted.*

### SUNDAYS:

8:15a » Yoga w/ Stacey D

### MONDAYS:

8:30a » Vinyasa w/ Skylar

9:45a » *Mat Pilates w/ Kelley*

### TUESDAYS:

9:30a » Yoga w/ Jimmy

5:45p » Yoga for Every BODY w/ Jen

### WEDNESDAYS:

9:30a » *Mat Pilates w/ Kelley*

10:45a » Chair Yoga w/ Liz

5:00p » Pilates Reformer w/ Carlie

### THURSDAYS:

9:00a » Pilates Reformer w/ Joyce

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

5:45p » Yoga w/ Stacey D

### FRIDAYS:

9:30a » Vinyasa w/ Skylar

9:30a » Pilates Reformer w/ Carlie

10:45a » *Chair Yoga w/ Becca*

## 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

4:30p » *Strong30 w/ Tori*

### 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 3/7/2023**