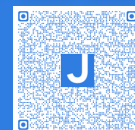




MAY 2023 GROUP EXERCISE CLASS SCHEDULE

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

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

SATURDAYS:

8:15a » Cycling w/ Stacey D

Questions? Contact Carlie Snyder at
csnyder@columbusjcc.org for details.

YOGA/PILATES

*Classes in Group Exercise Room
unless otherwise noted.*

SUNDAYS:

8:15a » Yoga w/ Jimmy

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/ Kelley

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

SATURDAYS:

9:00a » Flow Yoga w/ Stacey D

12:00p » Mindful Flow Yoga w/ Becca

SENIOR EXERCISE

All Classes in Group Exercise Room

MONDAYS:

11:00a » Senior Fit w/ Kelley

12:00p » Senior Fit w/ Gail

TUESDAYS:

4:30p » Senior Fit w/ Jen

WEDNESDAYS:

12:00p » Senior Fit w/ Beth

THURSDAYS:

12:00p » Senior Fit w/ Vicki M

FRIDAYS:

12:00p » Senior Fit w/ Becca

DANCE

All Classes in Group Exercise Room

SUNDAYS:

1:30p » LaBlast w/ Robert

MONDAYS:

7:15p » Hip Hop

TUESDAYS:

12:00p » Senior Dance Fit w/ Gail

WEDNESDAYS:

7:15p » LaBlast w/ Robert

FRIDAYS:

8:30a » Zumba w/ Tori

3:30p » Hip Hop w/ Sonia (starts 5/19)

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

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

***PURPLE IDENTIFIES
NEW CLASS OFFERINGS***

LAST UPDATED 4/18/2023

