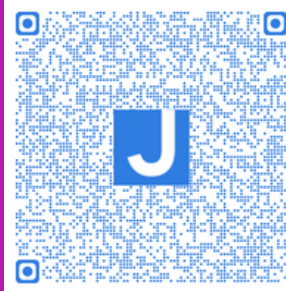




JANUARY 2024 GROUP EXERCISE SCHEDULE

Visit ColumbusJCC.org
or Mindbody to Sign Up:



WATER AEROBICS

All Classes in Indoor Pool

MONDAYS:

9:00a » Aqua Core w/ Jenni

TUESDAYS:

9:00a » Shallow Mindful Movement w/ Lori
10:00a » Deep Water Aqua Power w/Flo
11:15a » Restorative Shallow Water w/Flo

THURSDAYS:

9:00a » Deep Water Empowerment w/ Lori

FRIDAYS:

9:00a » Shallow Water Aqua Fit w/ Flo
10:00a » HIIT Water w/ Jenni
4:30 » HIIT Water w/ Jenni

SENIOR EXERCISE

All Classes in Group Exercise Room

MONDAYS:

11:00a » Senior Fit w/ Kelley
12:00p » Senior Fit w/ Ga

WEDNESDAYS:

12:00p » Senior Fit w/ Beth

THURSDAYS:

12:00p » Senior Fit w/ Vicki M

FRIDAYS:

12:00p » Senior Fit w/ Kelley

DANCE

All Classes in Group Exercise Room

SUNDAYS:

1:30p » LaBlast w/ Robert

MONDAYS:

7:15p » Hip Hop w/ Robert

TUESDAYS:

12:00p » Senior Dance Fit w/ Gail

WEDNESDAYS:

7:15p » LaBlast w/ Robert

FRIDAY:

8:30a » Zumba w/ Tori

**Questions? Contact Carlie Snyder
at csnyder@columbusjcc.org or
614.559.6237 for details.**

YOGA

Classes in Group Exercise Room

SUNDAYS:

8:15a » Yoga w/ Jimmy

MONDAYS:

8:30a » Vinyasa w/ Skylar

TUESDAYS:

9:30a » Yoga w/ Jimmy
5:45p » Yoga for Every BODY w/ Jen

WEDNESDAYS:

9:30a » Yoga Fusion w/Becca
10:45a » Chair Yoga w/ Sonia

THURSDAYS:

10:30a » Yoga for Every BODY w/ Michele
5:45p » Yoga w/ Stacey D

FRIDAYS:

6:00a » Sunrise Yoga w/ Erica
9:30a » Vinyasa w/ Skylar
10:45a » Chair Yoga w/ Kelley

SATURDAYS:

9:00a » Flow Yoga w/ Stacey D
11:00a » Mindful Flow Yoga w/ Becca

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/ Stacey D
9:30a » Cycling w/ Michele W
5:30p » Express Cycle w/ Jon

THURSDAYS:

6:00p » Cycling w/ Rachel

FRIDAYS:

8:15a » Cycling w/ Christine

SATURDAYS:

8:15a » Cycling w/ Stacey D

PILATES

*Reformer Classes in Reformer Room
Mat Pilates in Group Exercise Room*

MONDAYS:

8:30a » Fundamentals of Pilates w/ Kelley
9:45a » Mat Pilates w/ Kelley

WEDNESDAYS:

10:00a » Mixed-Level Reformer w/ Kelley

THURSDAYS:

9:00a » Intermediate Reformer w/ Joyce
5:45p » Beginner Reformer w/ Kelley

FRIDAYS:

9:30a » Mixed-Level Reformer w/ Carlie

STRENGTH

All Classes in Group Exercise Room

SUNDAYS:

9:30a » BodyPump
10:40a » Core & Stretch w/ Adrienne

MONDAYS:

4:30p » Express Strength w/ Christine
6:00p » BodyPump w/ Rachel

WEDNESDAYS:

6:00p » BodyPump w/ Sharron

THURSDAYS:

6:00a » Total Body Sculpt w/ Dana
4:30p » Express Strength w/ Danielle

FRIDAYS:

4:30p » BodyPump w/ Rachel

SATURDAYS:

9:45a » BodyPump w/ Sharron

CARDIO

All Classes in Group Exercise Room

TUESDAYS:

8:30a » High Intensity/Low Impact w/
Vicki M
5:00p » **Express Step Aerobics w/ Jen**

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

PURPLE IDENTIFIES NEW CLASSES

LAST UPDATED 1/22/2024

