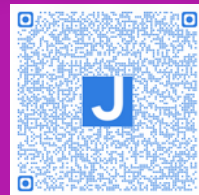




# SENIOR GROUP EXERCISE CLASS SCHEDULE

Register online at  
ColumbusJCC.org or  
on the Mindbody App



## IN THE INDOOR POOL

### MONDAYS:

**9:00a** » Aqua Core w/ Jenni

### TUESDAYS:

**9:00a** » Shallow Water 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

**Questions? Please contact Carlie at  
[csnyder@columbusjcc.org](mailto:csnyder@columbusjcc.org) or  
614.559.6237 for details.**

## IN THE GROUP EX ROOM

### MONDAYS:

**11:00a** » Senior Fit w/ Kelley

**12:00p** » Senior Fit w/ Gail

### TUESDAYS:

**12:00p** » Senior Dance Fit w/ Gail

**5:45p** » Yoga for Every BODY w/ Jen

### WEDNESDAYS:

**10:45a** » Chair Yoga w/ Sonia

**12:00p** » Senior Fit w/ Beth

### THURSDAYS:

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

**12:00p** » Senior Fit w/ Vicki M


### FRIDAYS:


**10:45a** » Chair Yoga w/ Kelly


**12:00p** » Senior Fit w/ Kelly

**LAST UPDATED  
1/22/2024**



 [columbusjcc.org](http://columbusjcc.org)

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