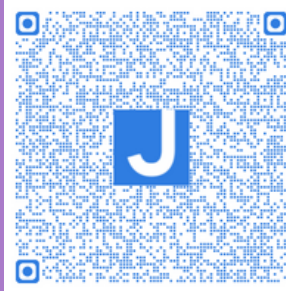




# APRIL 2024 GROUP EXERCISE SCHEDULE

Visit [ColumbusJCC.org](http://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/ Gail

### 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

**\*PURPLE IDENTIFIES NEW CLASSES\***

**\*GREEN IDENTIFIES CLASSES THAT  
REQUIRE AN ADDITIONAL FEE\***

## 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

## CYCLING

*All Classes in Cycling Studio*

### SUNDAYS:

10:00a » Cycling (instructor varies)

### 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:

9:45a » Mat Pilates w/ Kelley

### WEDNESDAYS:

10:00a » **Mixed-Level Reformer w/ Kelley**  
4:30p » **Mat Pilates 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 w/ Courtney W  
10:40a » Core & Stretch w/ Adrienne

### MONDAYS:

6:00a » Total Body Sculpt w/ Stacey D  
4:30p » Lift Lab w/ Christine  
6:00p » BodyPump w/ Rachel

### WEDNESDAYS:

8:30a » Lift Lab w/ Christine  
6:00p » BodyPump w/ Sharron

### THURSDAYS:

6:00a » Bootcamp w/ Dana

### 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  
4:30p » Bootcamp w/ Sharron  
7:00p » GRIT w/ Courtney

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

