

# SENIOR GROUP EXERCISE CLASS SCHEDULE

AS OF JANUARY 1, 2025

REGISTRATION FOR CLASSES IS REQUIRED.  
TO REGISTER, SCAN HERE OR VISIT  
[COLUMBUSJCC.ORG/GROUPEXERCISE](http://COLUMBUSJCC.ORG/GROUPEXERCISE)



REGISTRATION CAN BE MADE 3 DAYS IN ADVANCE FOR CLASSES

MON	TUES	WED	THUR	FRI
<b>11:00A</b> <b>SENIOR FIT</b> W/KELLEY	<b>9:00A</b> <b>SHALLOW WATER</b> <b>MINDFUL</b> <b>MOVEMENT</b> W/LORI	<b>11:00A</b> <b>CHAIR YOGA</b> W/SONIA	<b>9:00A</b> <b>DEEP WATER</b> <b>WORKOUT</b> W/LORI	<b>9:00A</b> <b>SHALLOW</b> <b>WATER AQUA FIT</b> W/FLO
<b>12:00P</b> <b>SENIOR FIT</b> W/GAIL	<b>10:00A</b> <b>DEEP WATER</b> <b>AQUA POWER</b> W/FLO	<b>12:00P</b> <b>SENIOR FIT</b> W/BETH	<b>10:30A</b> <b>YOGA FOR</b> <b>EVERYBODY</b> W/MICHELE	<b>11:00A</b> <b>CHAIR YOGA</b> W/KELLEY
	<b>11:15A</b> <b>RESTORATIVE</b> <b>SHALLOW WATER</b> W/FLO		<b>12:00P</b> <b>SENIOR FIT</b> W/VICKI M	<b>12:00P</b> <b>SENIOR FIT</b> W/BECKY
	<b>12:00P</b> <b>SENIOR DANCE FIT</b> W/GAIL			
	<b>5:45P</b> <b>YOGA FOR</b> <b>EVERYBODY</b> W/JEN			

Questions?  
Please contact Nick at  
[nfelhaber@columbusjcc.org](mailto:nfelhaber@columbusjcc.org)

	<b>YOGA</b>
	<b>WATER AEROBICS</b>
	<b>SENIOR</b>

## FITNESS CENTER HOURS

MONDAY-THURSDAY	5:30A – 9P
FRIDAY	5:30A – 6P
SATURDAY-SUNDAY	8A – 6P

1125 COLLEGE AVE, COLUMBUS OH 43209 | ☎ (614) 231-2731

\*CLASSES SUBJECT TO CHANGE