SENIOR GROUP EXERCISE REGISTRATION FOR CLASSES IS REQUIRED. TO REGISTER, SCAN HERE OR VISIT COLUMBUSJCC.ORG/GROUPEXERCISE

AS OF JANUARY 1, 2025

TO REGISTER, SCAN HERE OR VISIT COLUMBUSJCC.ORG/GROUPEXERCISE

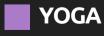




REGISTRATION CAN BE MADE 3 DAYS IN ADVANCE FOR C

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

Questions? Please contact Nick at nfelhaber@columbusjcc.org



WATER AEROBICS





MONDAY-THURSDAY FRIDAY SATURDAY-SUNDAY

5:30A - 9P 5:30A-6P

8A-6P