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





	AS OF MAY 1 2025	REGISTRATION CAN BE MADE 3 DAYS IN ADVANCE FOR CLASSES				
MON	TUES	WED	THUR	FRI	SAT	
6:00A TOTAL BODY SCULPT W/STACEY D	6:00A CYCLING W/STACEY D	6:00A GRIT W/COURTNEY	6:00A BOOTCAMP W/DANA	6:00A CYCLING W/RACHELR	8:15A CYCLING W/STACEY D	
8:15A CYCLING W/ NICOLE	8:30A HIGH INTENSITY/ LOW IMPACT W/ VICKI M	8:15A CYCLING W/STACEY G	8:30A HIGH INTENSITY/ LOW IMPACT W/ VICKI M	8:00A ZUMBA W/TORI 8:15A	9:00A FLOW YOGA W/STACEY D 9:30A	
8:30A VINYASA W/SKYLAR	9:00A SHALLOW WATER MINDFUL	8:30A WOMEN ON WEIGHTS W/CARLIE	9:00A PILATES REFORMER	CYCLING W/STACEY G 9:00A	PILATES REFORMER W/ALLISON 9:45A	
9:30A CYCLING W/MICHELE W	MOVEMENT W/LORI 9:30A BEGINNER	8:30A LIFT LAB W/NICOLE	W/JOYCE 9:00A DEEP WATER WORKOUT	SHALLOW WATER AQUA FIT W/FLO 9:00A	BODYPUMP W/JOSH/RACHELL 10:00A	
9:45A MAT PILATES W/KELLEY	REFORMFER W/ CARLIE 9:30A	9:30A CYCLING W/MICHELE W 9:30A	W/LORI 9:30A MAT PILATES W/KYLE R	PILATES REFORMER W/KYLE	AQUA ZUMBA W/ CHRIS 11:00A MINDFUL	
11:00A SENIOR FIT W/KELLEY	FLOW YOGA W/ BOBBI 10:00A DEEP WATER	YOGA FUSION W/BECCA 10:00A	10:30A YOGA FOR EVERYBODY	9:30A VINYASA W/SKYLAR 10:00A	FLOW YOGA W/MICHELLE M	
12:00P SENIOR FIT W/ GAIL	AQUA POWER W/FLO 11:15A	MIXED-LEVEL PILATES REFORMER W/KELLEY	W/MICHELE 11:00A PILATES REFORMER	PILATES REFORMER W/KYLE 10:00A	8:15A FLOW YOGA	
4:30P LIFT LAB W/ CHRISTINE	RESTORATIVE SHALLOW WATER W/FLO 12:00P	11:00A CHAIR YOGA W/SONIA	W/KYLE 12:00P SENIOR FIT W/VICKI M	CARDIO WAVES W/LORI 11:00A	W/ALEX/PATTI 8:30A PILATES REFORMER	
6:00P BODYPUMP W/ RACHEL	SENIOR DANCE FIT W/ GAIL ————————————————————————————————————	12:00P SENIOR FIT W/BETH	4:30P HIP HOP	YOGA SPLASH - W/LORI 11:00A CHAIR YOGA	W/OLGA 9:30A BODYPUMP W/COURTNEY	
7:15P HIP HOP W/ ROBERT	MAT PILATES W/ KYLE R 5:00P	4:30P CORE & STRETCH W/ANDI	W/AJ 4:45P PILATES REFORMER	W/KELLEY 12:00P SENIOR FIT W/BECKY	9:30A PILATES REFORMER W/OLGA	
7:45P WOMEN'S CYCLIN W/SHIRA AND LEA	AH W/ANDI 5:45P	5:30P CYCLING FUNDAMENTALS W/NICOLE	W/KYLE 5:45P PILATES REFORMER	4:30P BODYPUMP W/RACHELL	10:00A CYCLING VARIES	
	PILATES REFORMER W/ OLGA 5:45P	6:00P BODYPUMP W/SHARRON	W/KYLE 5:45P FLOW YOGA W/STACEY D	W NACILLE	10:40A CORE & STRETCH W/ADRIANNE 1:30P	
	YOGA FOR EVERYBODY W/JEN 7:00P	7:15P LABLAST W/ROBERT 7:45P	6:00P CYCLING W/ RACHEL R		LABLAST W/ROBERT	
■ YOGA	GRIT W/COURTNEY	WOMEN'S CYCLING W/SHIRA AND LEAH	7:00P GRIT W/COURTNEY	RTNEY FITNESS CENTER HOURS		

FITNESS CENTER HOURS

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

WATER AEROBICS

ADDITIONAL FEE

YOGA

CYCLING

DANCE

STRENGTH

CARDIO

SENIOR