

# SENIOR GROUP EXERCISE CLASS SCHEDULE

AS OF JUNE 6, 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 MINDFUL MOVEMENT</b> W/ LORI	<b>10:00A</b> <b>AQUA POWER</b> W/ FLO	<b>9:00A</b> <b>AQUA ZUMBA</b> W/ CHRIS	<b>9:00A</b> <b>SHALLOW WATER AQUA FIT</b> W/ FLO
<b>12:00P</b> <b>SENIOR FIT</b> W/ GAIL	<b>10:00A</b> <b>DEEP WATER AQUA POWER</b> W/ FLO	<b>11:00A</b> <b>CHAIR YOGA</b> W/ SONIA	<b>10:30A</b> <b>YOGA FOR EVERYBODY</b> W/ MICHELE	<b>10:00A</b> <b>CARDIO WAVES</b> W/ LORI
	<b>11:15A</b> <b>RESTORATIVE SHALLOW WATER</b> W/ FLO	<b>12:00P</b> <b>SENIOR FIT</b> W/ BETH	<b>12:00P</b> <b>SENIOR FIT</b> W/ VICKI M	<b>11:00A</b> <b>CHAIR YOGA</b> W/ KELLEY
	<b>12:00P</b> <b>SENIOR DANCE FIT</b> W/ GAIL			<b>12:00P</b> <b>SENIOR FIT</b> W/ BECKY
	<b>5:45P</b> <b>YOGA FOR EVERYBODY</b> W/ JEN			

## SAT

**10:00A**  
**AQUA ZUMBA**  
 W/ CHRIS

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

- YOGA**
- WATER AEROBICS**
- SENIOR**

### FITNESS CENTER HOURS

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