

SENIOR GROUP EXERCISE CLASS SCHEDULE

AS OF JUNE 6, 2025

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






REGISTRATION CAN BE MADE 3 DAYS IN ADVANCE FOR CLASSES

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

SAT

10:00A
AQUA ZUMBA
W/ CHRIS

Questions?
Please contact Nick at
nfelhaber@columbusjcc.org

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

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