

2025 GROUP EXERCISE CLASS SCHEDULE

AS OF JULY 1, 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	SAT
6:00A TOTAL BODY SCULPT W/ STACEY D 8:15A CYCLING W/ NICOLE 8:30A VINYASA W/ SKYLAR 9:30A CYCLING W/ MICHELE W 9:45A MAT PILATES W/ KELLEY 11:00A SENIOR FIT W/ KELLEY 12:00P SENIOR FIT W/ GAIL 4:30P LIFT LAB W/ CHRISTINE 6:00P BODYPUMP W/ RACHEL 7:15P HIP HOP W/ ROBERT	6:00A CYCLING W/ STACEY D 8:30A HIGH INTENSITY/ LOW IMPACT W/ VICKI M 9:00A SHALLOW WATER MINDFUL MOVEMENT W/ LORI 9:30A BEGINNER REFORMER W/ MARIA 9:30A FLOW YOGA W/ BOBBI 10:00A DEEP WATER AQUA POWER W/ FLO 11:15A RESTORATIVE SHALLOW WATER W/ FLO 12:00P SENIOR DANCE FIT W/ GAIL 12:00P PILATES REFORMER W/ KYLE 4:00P MAMA FIT CLUB W/ ANDI 4:30P MAT PILATES W/ KYLE R 5:00P WOMEN ON WEIGHTS W/ ANDI 5:45P PILATES REFORMER W/ OLGA 5:45P YOGA FOR EVERYBODY W/ JEN 6:45P STRETCH & FLOW PILATES REFORMER W/ OLGA 7:00P GRIT W/ COURTNEY	6:00A GRIT W/ COURTNEY 8:15A CYCLING W/ STACEY G 8:30A WOMEN ON WEIGHTS W/ CARLIE 8:30A LIFT LAB W/ TBD 9:30A CYCLING W/ MICHELE W 9:30A YOGA FUSION W/ BECCA 10:00A AQUA POWER W/ LORI 10:00A MIXED-LEVEL PILATES REFORMER W/ KELLEY 11:00A CHAIR YOGA W/ SONIA 12:00P SENIOR FIT W/ BETH 4:40P CORE & STRETCH W/ ANDI 6:00P BODYPUMP W/ SHARRON 7:15P LABLAST W/ ROBERT 7:45P WOMEN'S CYCLING W/ SHIRA AND LEAH	6:00A BOOTCAMP W/ DANA 8:30A HIGH INTENSITY/ LOW IMPACT W/ VICKI M 9:00A PILATES REFORMER W/ JOYCE 9:00A AQUA ZUMBA W/ CHRIS 9:30A MAT PILATES W/ KYLE R 10:30A YOGA FOR EVERYBODY W/ MICHELE 11:00A PILATES REFORMER W/ KYLE 12:00P SENIOR FIT W/ VICKI M 4:30P HIP HOP W/ AJ 4:45P PILATES REFORMER W/ KYLE 5:45P PILATES REFORMER W/ KYLE 5:45P FLOW YOGA W/ STACEY D 6:00P CYCLING W/ RACHEL R 7:00P GRIT W/ COURTNEY	6:00A CYCLING W/ RACHEL R 8:00A ZUMBA W/ TBD 8:15A CYCLING W/ STACEY G 9:00A SHALLOW WATER AQUA FIT W/ FLO 9:00A PILATES REFORMER W/ KYLE 9:30A VINYASA W/ SKYLAR 10:00A PILATES REFORMER W/ KYLE 10:00A CARDIO WAVES W/ LORI 11:00A CHAIR YOGA W/ KELLEY 12:00P SENIOR FIT W/ BECKY 4:30P BODYPUMP W/ RACHEL L	8:15A CYCLING W/ STACEY D 9:00A FLOW YOGA W/ STACEY D 9:30A PILATES REFORMER W/ MARIA 9:45A BODYPUMP W/ JOSH/RACHEL L 10:00A AQUA ZUMBA W/ CHRIS 11:00A MINDFUL FLOW YOGA W/ MICHELLE M 8:15A FLOW YOGA W/ ALEX/PATTI 8:30A PILATES REFORMER W/ OLGA 8:45A WOMEN'S CYCLING W/ SHIRA AND LEAH 9:30A BODYPUMP W/ COURTNEY 9:30A PILATES REFORMER W/ OLGA 10:00A CYCLING VARIES 10:40A CORE & STRETCH W/ ADRIANNE 1:30P LABLAST W/ ROBERT
					SUN
					8:15A FLOW YOGA W/ ALEX/PATTI 8:30A PILATES REFORMER W/ OLGA 8:45A WOMEN'S CYCLING W/ SHIRA AND LEAH 9:30A BODYPUMP W/ COURTNEY 9:30A PILATES REFORMER W/ OLGA 10:00A CYCLING VARIES 10:40A CORE & STRETCH W/ ADRIANNE 1:30P LABLAST W/ ROBERT

- YOGA
- CYCLING
- DANCE
- STRENGTH
- CARDIO
- SENIOR
- WATER AEROBICS
- ADDITIONAL FEE

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

SENIOR GROUP EXERCISE CLASS SCHEDULE

AS OF JULY 1, 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