

2025 GROUP EXERCISE CLASS SCHEDULE

AS OF SEPT 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					
<div>6:00A TOTAL BODY SCULPT W/ STACEY D</div> <div>8:15A CYCLING W/ NICOLE</div> <div>8:30A VINYASA W/ SKYLAR</div> <div>9:30A CYCLING W/ MICHELE W</div> <div>9:45A MAT PILATES W/ KELLEY</div> <div>11:00A SENIOR DANCE FIT W/ GAIL</div> <div>12:00P NEW! EXPRESS REFORMER W/ CARLIE</div> <div>12:00P SENIOR FIT W/ GAIL</div> <div>4:30P LIFT LAB W/ CHRISTINE</div> <div>6:00P BODYPUMP W/ RACHEL</div> <div>7:15P HIP HOP W/ ROBERT</div>	<div>6:00A CYCLING W/ STACEY D</div> <div>8:30A HIGH INTENSITY/ LOW IMPACT W/ VICKI M</div> <div>9:00A SHALLOW WATER MINDFUL MOVEMENT W/ LORI</div> <div>9:30A BEGINNER REFORMER W/ MARIA</div> <div>9:30A FLOW YOGA W/ BOBBI</div> <div>10:00A NEW! WEIGHTED VEST WALKING CLUB W/ KELLEY</div> <div>10:00A DEEP WATER AQUA POWER W/ FLO</div> <div>11:15A RESTORATIVE SHALLOW WATER W/ FLO</div> <div>12:00P SENIOR FIT W/ KELLEY</div> <div>12:00P PILATES REFORMER W/ KYLE</div> <div>4:00P MAMA FIT CLUB W/ ANDI</div> <div>4:30P MAT PILATES W/ KYLE R</div> <div>5:00P WOMEN ON WEIGHTS W/ ANDI</div> <div>5:45P PILATES REFORMER W/ OLGA</div> <div>5:45P YOGA FOR EVERYBODY W/ JEN</div> <div>6:45P STRETCH & FLOW PILATES REFORMER W/ OLGA</div> <div>7:00P GRIT W/ COURTNEY</div>	<div>6:00A GRIT W/ COURTNEY</div> <div>8:15A CYCLING W/ STACEY G</div> <div>8:30A WOMEN ON WEIGHTS W/ CARLIE</div> <div>8:30A LIFT LAB W/ KATY</div> <div>9:30A CYCLING W/ MICHELE W</div> <div>9:30A YOGA FUSION W/ BECCA</div> <div>10:00A AQUA POWER W/ LORI</div> <div>10:00A MIXED-LEVEL PILATES REFORMER W/ KELLEY</div> <div>11:00A CHAIR YOGA W/ SONIA</div> <div>12:00P SENIOR FIT W/ BETH</div> <div>4:30P NEW! WEIGHTED VEST WALKING CLUB W/ CARLIE</div> <div>4:40P CORE & STRETCH W/ ANDI</div> <div>6:00P BODYPUMP W/ SHARRON</div> <div>7:15P LABLAST W/ ROBERT</div> <div>7:45P WOMEN'S CYCLING W/ SHIRA AND LEAH</div>	<div>6:00A BOOTCAMP W/ DANA</div> <div>8:30A HIGH INTENSITY/ LOW IMPACT W/ VICKI M</div> <div>9:00A PILATES REFORMER W/ JOYCE</div> <div>9:00A AQUA ZUMBA W/ CHRIS</div> <div>9:30A MAT PILATES W/ KYLE R</div> <div>10:30A YOGA FOR EVERYBODY W/ MICHELE</div> <div>11:00A PILATES REFORMER W/ KYLE</div> <div>12:00P SENIOR FIT W/ VICKI M</div> <div>4:45P PILATES REFORMER W/ KYLE</div> <div>5:45P PILATES REFORMER W/ KYLE</div> <div>5:45P FLOW YOGA W/ STACEY D</div> <div>6:00P CYCLING W/ RACHEL R</div> <div>7:00P GRIT W/ COURTNEY</div>	<div>6:00A CYCLING W/ RACHEL R</div> <div>7:45A LABLAST W/ KATY</div> <div>8:15A CYCLING W/ STACEY G</div> <div>9:00A SHALLOW WATER AQUA FIT W/ FLO</div> <div>9:00A PILATES REFORMER W/ KYLE</div> <div>9:30A VINYASA W/ SKYLAR</div> <div>10:00A PILATES REFORMER W/ KYLE</div> <div>10:00A CARDIO WAVES W/ LORI</div> <div>11:00A CHAIR YOGA W/ KELLEY</div> <div>12:00P SENIOR FIT W/ BECKY</div> <div>4:30P BODYPUMP W/ RACHEL L</div>	<div>8:15A CYCLING W/ STACEY D</div> <div>9:00A FLOW YOGA W/ STACEY D</div> <div>9:30A PILATES REFORMER W/ MARIA</div> <div>9:45A BODYPUMP W/ JOSH/RACHEL L</div> <div>10:00A AQUA ZUMBA W/ CHRIS</div> <div>11:00A MINDFUL FLOW YOGA W/ MICHELLE M</div> <div>SUN</div> <div>8:15A FLOW YOGA W/ ALEX/PATTI</div> <div>8:30A PILATES REFORMER W/ OLGA</div> <div>8:45A WOMEN'S CYCLING W/ SHIRA AND LEAH</div> <div>9:30A BODYPUMP W/ COURTNEY</div> <div>9:30A PILATES REFORMER W/ OLGA</div> <div>10:00A CYCLING VARIES</div> <div>10:40A CORE & STRETCH W/ NICOLE</div> <div>1:30P LABLAST W/ ROBERT</div>					
<div><div></div>YOGA</div> <div><div></div>CYCLING</div> <div><div></div>DANCE</div> <div><div></div>STRENGTH</div> <div><div></div>CARDIO</div> <div><div></div>SENIOR</div> <div><div></div>WATER AEROBICS</div> <div><div></div>ADDITIONAL FEE</div>						<div>FITNESS CENTER HOURS</div> <div>MONDAY-THURSDAY5:30A – 9P</div> <div>FRIDAY5:30A – 6P</div> <div>SATURDAY-SUNDAY8A – 6P</div> <div>1125 COLLEGE AVE, COLUMBUS OH 43209 (614) 231-2731</div> <div>*CLASSES SUBJECT TO CHANGE</div>				

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