

# 2025 GROUP EXERCISE CLASS SCHEDULE

AS OF SEPT 17, 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  | SAT   |
|---|---|---|--|--|---|
| <b>6:00A</b><br><b>TOTAL BODY SCULPT</b><br>W/ STACEY D<br><br><b>8:15A</b><br><b>CYCLING</b><br>W/ NICOLE<br><br><b>8:30A</b><br><b>VINYASA</b><br>W/ SKYLAR<br><br><b>9:30A</b><br><b>CYCLING</b><br>W/ MICHELE W<br><br><b>9:45A</b><br><b>MAT PILATES</b><br>W/ KELLEY<br><br><b>11:00A</b><br><b>SENIOR FIT</b><br>W/ GAIL<br><br><b>12:00P</b><br><b>SENIOR DANCE FIT</b><br>W/ GAIL<br><br><b>12:00P</b> <small>NEW!</small><br><b>EXPRESS REFORMER</b><br>W/ CARLIE<br><br><b>4:30P</b><br><b>LIFT LAB</b><br>W/ CHRISTINE<br><br><b>6:00P</b><br><b>BODYPUMP</b><br>W/ RACHEL<br><br><b>7:15P</b><br><b>HIP HOP</b><br>W/ ROBERT | <b>6:00A</b><br><b>CYCLING</b><br>W/ STACEY D<br><br><b>8:30A</b><br><b>HIGH INTENSITY/ LOW IMPACT</b><br>W/ VICKI M<br><br><b>9:00A</b><br><b>SHALLOW WATER MINDFUL MOVEMENT</b><br>W/ LORI<br><br><b>9:30A</b><br><b>BEGINNER REFORMER</b><br>W/ MARIA<br><br><b>9:30A</b><br><b>FLOW YOGA</b><br>W/ BOBBI<br><br><b>10:00A</b> <small>NEW!</small><br><b>WEIGHTED VEST WALKING CLUB</b><br>W/ KELLEY<br><br><b>10:00A</b><br><b>DEEP WATER AQUA POWER</b><br>W/ FLO<br><br><b>11:15A</b><br><b>RESTORATIVE SHALLOW WATER</b><br>W/ FLO<br><br><b>12:00P</b><br><b>SENIOR FIT</b><br>W/ KELLEY<br><br><b>12:00P</b><br><b>PILATES REFORMER</b><br>W/ KYLE<br><br><b>4:00P</b><br><b>MAMA FIT CLUB</b><br>W/ ANDI<br><br><b>4:30P</b><br><b>MAT PILATES</b><br>W/ KYLE R<br><br><b>5:00P</b><br><b>WOMEN ON WEIGHTS</b><br>W/ ANDI<br><br><b>5:45P</b><br><b>PILATES REFORMER</b><br>W/ OLGA<br><br><b>5:45P</b><br><b>YOGA FOR EVERYBODY</b><br>W/ JEN<br><br><b>6:45P</b><br><b>STRETCH &amp; FLOW PILATES REFORMER</b><br>W/ OLGA<br><br><b>7:00P</b><br><b>GRIT</b><br>W/ COURTNEY | <b>6:00A</b><br><b>GRIT</b><br>W/ COURTNEY<br><br><b>8:15A</b><br><b>CYCLING</b><br>W/ STACEY G<br><br><b>8:30A</b><br><b>WOMEN ON WEIGHTS</b><br>W/ CARLIE<br><br><b>8:30A</b><br><b>LIFT LAB</b><br>W/ KATY<br><br><b>9:30A</b><br><b>CYCLING</b><br>W/ MICHELE W<br><br><b>9:30A</b><br><b>YOGA FUSION</b><br>W/ BECCA<br><br><b>10:00A</b><br><b>AQUA POWER</b><br>W/ LORI<br><br><b>10:00A</b><br><b>MIXED-LEVEL PILATES REFORMER</b><br>W/ KELLEY<br><br><b>11:00A</b><br><b>CHAIR YOGA</b><br>W/ SONIA<br><br><b>12:00P</b><br><b>SENIOR FIT</b><br>W/ BETH<br><br><b>4:30P</b> <small>NEW!</small><br><b>WEIGHTED VEST WALKING CLUB</b><br>W/ CARLIE<br><br><b>4:40P</b><br><b>CORE &amp; STRETCH</b><br>W/ ANDI<br><br><b>6:00P</b><br><b>BODYPUMP</b><br>W/ SHARRON<br><br><b>7:15P</b><br><b>LABLAST</b><br>W/ ROBERT<br><br><b>7:45P</b><br><b>WOMEN'S CYCLING</b><br>W/ SHIRA AND LEAH | <b>6:00A</b><br><b>BOOTCAMP</b><br>W/ DANA<br><br><b>8:30A</b><br><b>HIGH INTENSITY/ LOW IMPACT</b><br>W/ VICKI M<br><br><b>9:00A</b><br><b>PILATES REFORMER</b><br>W/ JOYCE<br><br><b>9:30A</b><br><b>MAT PILATES</b><br>W/ KYLE R<br><br><b>10:30A</b><br><b>YOGA FOR EVERYBODY</b><br>W/ MICHELE<br><br><b>11:00A</b><br><b>PILATES REFORMER</b><br>W/ KYLE<br><br><b>12:00P</b><br><b>SENIOR FIT</b><br>W/ VICKI M<br><br><b>4:45P</b><br><b>PILATES REFORMER</b><br>W/ KYLE<br><br><b>5:45P</b><br><b>PILATES REFORMER</b><br>W/ KYLE<br><br><b>5:45P</b><br><b>FLOW YOGA</b><br>W/ STACEY D<br><br><b>6:00P</b><br><b>CYCLING</b><br>W/ RACHEL R<br><br><b>7:00P</b><br><b>GRIT</b><br>W/ COURTNEY | <b>6:00A</b><br><b>CYCLING</b><br>W/ RACHEL R<br><br><b>8:15A</b><br><b>CYCLING</b><br>W/ STACEY G<br><br><b>8:30A</b><br><b>LABLAST</b><br>W/ KATY<br><br><b>9:00A</b><br><b>SHALLOW WATER AQUA FIT</b><br>W/ FLO<br><br><b>9:00A</b><br><b>PILATES REFORMER</b><br>W/ KYLE<br><br><b>9:30A</b><br><b>VINYASA</b><br>W/ SKYLAR<br><br><b>10:00A</b><br><b>PILATES REFORMER</b><br>W/ KYLE<br><br><b>10:00A</b><br><b>CARDIO WAVES</b><br>W/ LORI<br><br><b>11:00A</b><br><b>CHAIR YOGA</b><br>W/ KELLEY<br><br><b>12:00P</b><br><b>SENIOR FIT</b><br>W/ BECKY<br><br><b>4:30P</b><br><b>BODYPUMP</b><br>W/ RACHEL L | <b>8:15A</b><br><b>CYCLING</b><br>W/ STACEY D<br><br><b>9:00A</b><br><b>FLOW YOGA</b><br>W/ STACEY D<br><br><b>9:30A</b><br><b>PILATES REFORMER</b><br>W/ MARIA<br><br><b>9:45A</b><br><b>BODYPUMP</b><br>W/ JOSH/RACHEL L<br><br><b>10:00A</b><br><b>AQUA ZUMBA</b><br>W/ CHRIS<br><br><b>11:00A</b><br><b>MINDFUL FLOW YOGA</b><br>W/ MICHELLE M<br><br><b>8:15A</b><br><b>FLOW YOGA</b><br>W/ ALEX/PATTI<br><br><b>8:30A</b><br><b>PILATES REFORMER</b><br>W/ OLGA<br><br><b>8:45A</b><br><b>WOMEN'S CYCLING</b><br>W/ SHIRA AND LEAH<br><br><b>9:30A</b><br><b>BODYPUMP</b><br>W/ COURTNEY<br><br><b>9:30A</b><br><b>PILATES REFORMER</b><br>W/ OLGA<br><br><b>10:00A</b><br><b>CYCLING</b><br>VARIES<br><br><b>10:40A</b><br><b>CORE &amp; STRETCH</b><br>W/ NICOLE<br><br><b>1:30P</b><br><b>LABLAST</b><br>W/ ROBERT |
|   |   |   |  |  | SUN   |
|   |   |   |  |  | <b>8:15A</b><br><b>FLOW YOGA</b><br>W/ ALEX/PATTI<br><br><b>8:30A</b><br><b>PILATES REFORMER</b><br>W/ OLGA<br><br><b>8:45A</b><br><b>WOMEN'S CYCLING</b><br>W/ SHIRA AND LEAH<br><br><b>9:30A</b><br><b>BODYPUMP</b><br>W/ COURTNEY<br><br><b>9:30A</b><br><b>PILATES REFORMER</b><br>W/ OLGA<br><br><b>10:00A</b><br><b>CYCLING</b><br>VARIES<br><br><b>10:40A</b><br><b>CORE &amp; STRETCH</b><br>W/ NICOLE<br><br><b>1:30P</b><br><b>LABLAST</b><br>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