

2025 GROUP EXERCISE CLASS SCHEDULE

AS OF NOV. 1, 2025

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



REGISTRATION CAN BE MADE 72 HOURS IN ADVANCE FOR CLASSES

MON	TUES	WED	THUR	FRI	SAT
6:00A TOTAL BODY SCULPT W/ STACEY D 8:15A CYCLING W/ MICHELE/STACEY 8:30A VINYASA W/ SKYLAR 9:30A CYCLING W/ MICHELE W 9:45A MAT PILATES W/ KELLEY 11:00A SENIOR DANCE FIT W/ GAIL 12:00P SENIOR FIT W/ GAIL 12:00P EXPRESS REFORMER W/ CARLIE 4:15P PILATES REFORMER W/ ALLISON 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 WEIGHTED VEST WALKING CLUB W/ KELLEY 10:00A DEEP WATER AQUA POWER W/ FLO 11:15A RESTORATIVE SHALLOW WATER W/ FLO 12:00P SENIOR FIT W/ KELLEY 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/ KATY 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 4:30P WEIGHTED VEST WALKING CLUB W/ CARLIE 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 9:30A MAT PILATES W/ KYLE R 10:30A YOGA FOR EVERYBODY W/ MICHELE 11:00A PILATES REFORMER W/ KYLE 12:00P EXPRESS REFORMER W/ KYLE 12:00P SENIOR FIT W/ VICKI M 4:30P LABLAST W/ KATY 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 7:00A PILATES REFORMER W/ KYLE 8:15A CYCLING W/ STACEY G 8:30A LABLAST W/ KATY 9:00A SHALLOW WATER AQUA FIT W/ FLO 9:00A PILATES REFORMER W/ KYLE 9:30A VINYASA W/ SKYLAR 9:30A WOMEN ON WEIGHTS 55+ W/ KELLEY 10:00A PILATES REFORMER W/ KYLE 10:00A CARDIO WAVES W/ LORI 11:00A CHAIR YOGA W/ KELLEY 12:00P SENIOR FIT W/ BECKY 12:00P BEGINNING REFORMER W/ KATY 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 W/ NICOLE 10:50A CORE & STRETCH W/ NICOLE 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 W/ NICOLE 10:50A CORE & STRETCH W/ NICOLE 1:30P LABLAST W/ ROBERT
					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

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