

2025 GROUP EXERCISE CLASS SCHEDULE

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