

2026 GROUP EXERCISE CLASS SCHEDULE

GROUP EXERCISE CLASSES BELOW ARE INCLUDED IN JCC MEMBERSHIP



| MON | TUES | WED | THUR | FRI | SAT |
|---|--|---|--|---|---|
| 6:00AM TOTAL BODY SCULPT W/ STACEY D | 6:00AM CYCLING W/ STACEY D | 6:00AM GRIT W/ COURTNEY | 6:00AM BOOTCAMP W/ DANA | 6:00AM CYCLING W/ RACHEL R | 8:15AM CYCLING W/ STACEY D |
| 8:15AM CYCLING W/ MICHELE/STACEY | 8:30AM HIGH INTENSITY/LOW IMPACT W/ VICKI M | 8:15AM CYCLING W/ STACEY D | 8:30AM HIGH INTENSITY/LOW IMPACT W/ VICKI M | 8:15AM CYCLING W/ NICOLE F | 9:00AM FLOW YOGA W/ STACEY D |
| 8:30AM VINYASA W/ SKYLAR | 9:00AM SHALLOW WATER MINDFUL MOVEMENT W/ LORI | 8:30AM LIFT LAB W/ KATY | 9:00AM ON THE BALL W/ KELLEY | 8:30AM LABLAST W/ KATY | 9:45AM BODYPUMP W/ JOSH/RACHELL |
| 9:30AM CYCLING W/ MICHELE W | 9:30AM FLOW YOGA W/ BOBBI | 9:30AM CYCLING W/ MICHELE W | 9:30AM MAT PILATES W/ KYLER R | 9:00AM SHALLOW WATER AQUA FIT W/ FLO | 10:00AM AQUA ZUMBA W/ CHRIS |
| 9:45AM MAT PILATES W/ KELLEY | 10:00AM DEEP WATER AQUA POWER W/ FLO | 9:30AM YOGA FUSION W/ BECCA | 10:30AM YOGA FOR EVERYBODY W/ MICHELE | 9:30AM VINYASA W/ SKYLAR | 11:00AM MINDFUL FLOW YOGA W/ MICHELLE M |
| 11:00AM SENIOR DANCE FIT W/ GAIL | 11:15AM RESTORATIVE SHALLOW WATER W/ FLO | 10:00AM AQUA JOURNEY W/ LORI | 12:00PM SENIOR FIT W/ VICKI M | 10:00AM CARDIO WAVES W/ LORI | SUN |
| 12:00PM SENIOR FIT W/ GAIL | 12:00PM SENIOR FIT W/ KELLEY | 11:00AM CHAIR YOGA W/ SONIA | 4:30PM LABLAST W/ KATY | 11:00AM CHAIR YOGA W/ KELLEY | 8:15AM FLOW YOGA W/ ALEX/PATTI |
| 4:30PM LIFT LAB W/ CHRISTINE | 4:30PM SENIOR FIT W/ KELLEY | 12:00PM SENIOR FIT W/ BETH | 5:45PM FLOW YOGA W/ STACEY D | 12:00PM SENIOR FIT W/ BECKY | 8:45AM WOMEN'S CYCLING W/ SHIRA AND LEAH |
| 6:00PM BODYPUMP W/ RACHEL | 6:00PM MAT PILATES W/ KYLE R | 4:30PM HIIT W/ CARLIE | 6:00PM CYCLING W/ RACHEL R | 1:00PM POWER PILATES W/ KATY | 9:30AM BODYPUMP W/ COURTNEY |
| 7:15PM HIP HOP W/ ROBERT | 5:45PM YOGA FOR EVERYBODY W/ JEN | 4:40PM CORE & STRETCH W/ ANDI | 7:00PM GRIT W/ COURTNEY | 4:30PM BODYPUMP W/ RACHELL | 10:00AM CYCLING W/ NICOLE |
| | 7:00PM GRIT W/ COURTNEY | 6:00PM BODYPUMP W/ SHARRON | | | 10:50AM CORE & STRETCH W/ NICOLE |
| | | 7:15PM LABLAST W/ ROBERT | | | 1:30PM LABLAST W/ ROBERT |
| | | 7:45PM WOMEN'S CYCLING W/ SHIRA AND LEAH | | | |



FITNESS CENTER HOURS

| | |
|-----------------|--------------|
| MONDAY-THURSDAY | 5:30AM – 9PM |
| FRIDAY | 5:30AM – 6PM |
| SATURDAY-SUNDAY | 8AM – 6PM |

Questions? Contact Nick Felhaber at
nfelhaber@columbusjcc.org

1125 COLLEGE AVE, COLUMBUS OH 43209 | (614) 231-2731

*CLASSES SUBJECT TO CHANGE

REGISTRATION FOR CLASSES IS REQUIRED.

REGISTER WITHIN THE "MY J" APP,

SCAN QR CODE, OR VISIT

COLUMBUSJCC.ORG/GROUPEXERCISE



REGISTRATION CAN BE MADE 72 HOURS IN ADVANCE FOR CLASSES

SCHEDULE AS OF JAN 1, 2026