

# 2026 PREMIUM CLASS SCHEDULE



Book reservations for Premium Classes in the "My J" app by purchasing a Premium Class 10-pack. All premium offerings can use the same pass with the exception of Pilates Reformer. Single class pass also available.



Scan QR code to purchase passes & packages.  
Allow one hour from purchase for passes to populate in your "My J" app.

MON	TUES	WED	THUR	FRI	SAT	SUN
12:00PM <b>EXPRESS REFORMER</b> W/ CARLIE	9:30AM <b>BEGINNER REFORMER</b> W/ MARIA	8:00AM <b>JUMP BOARD REFORMER</b> W/ KELLEY	9:00AM <b>PILATES REFORMER</b> W/ JOYCE	9:00AM <b>PILATES REFORMER</b> W/ KYLE	9:30AM <b>PILATES REFORMER</b> W/ MARIA	
4:15PM <b>PILATES REFORMER</b> W/ ALLISON	12:00PM <b>PILATES REFORMER</b> W/ KYLE	8:30AM <b>WOMEN ON WEIGHTS</b> W/ CARLIE	11:00AM <b>PILATES REFORMER</b> W/ KYLE	9:30AM <b>WOMEN ON WEIGHTS 55+</b> W/ KELLEY		<b>SUN</b>
4:30PM <b>MAX MOBILITY</b> W/ KATY	1:30PM <b>PARKINSONS &amp; STROKE WELLNESS</b> W/ KATY	10:00AM <b>PILATES REFORMER</b> W/ KELLEY	12:00PM <b>EXPRESS REFORMER</b> W/ KYLE	10:00AM <b>PILATES REFORMER</b> W/ KYLE	8:30AM <b>PILATES REFORMER</b> W/ OLGA	
5:30PM <b>PREGNATAL YOGA</b> W/ KATY	4:00PM <b>MAMA FIT CLUB</b> W/ ANDI	4:30PM <b>MAX MOBILITY</b> W/ KATY	1:30PM <b>PARKINSONS &amp; STROKE WELLNESS</b> W/ KELLEY	12:00PM <b>BEGINNER REFORMER</b> W/ KATY	9:30AM <b>PILATES REFORMER</b> W/ OLGA	
	5:00PM <b>WOMEN ON WEIGHTS</b> W/ ANDI	5:45PM <b>STRONGHER TEEN TRAINING</b> W/ ANDI	4:45PM <b>PILATES REFORMER</b> W/ KYLE			
	5:30PM <b>BARRE FITNESS</b> W/ KYLE		5:30PM <b>BARRE FITNESS</b> W/ KATY			
	6:00PM <b>PILATES REFORMER</b> W/ OLGA		5:45PM <b>PILATES REFORMER</b> W/ KYLE			

## FITNESS CENTER HOURS

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

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

\*CLASSES SUBJECT TO CHANGE

- █ **FLEXIBILITY & MOBILITY**
- █ **PILATES REFORMER\***
- █ **STRENGTH**
- █ **SENIOR**

\*Attend Reformer classes with a Pilates Reformer pass or package  
Learn more & get started at columbusjcc.org/pilates-reformer/

REGISTRATION FOR CLASSES IS REQUIRED.  
REGISTER WITHIN THE "MY J" APP,  
SCAN QR CODE, OR VISIT  
**COLUMBUSJCC.ORG/FITNESS-PROGRAMS**



REGISTRATION CAN BE MADE 1 MONTH IN ADVANCE FOR PREMIUM CLASSES

**SCHEDULE AS OF JAN 5, 2026**

Questions? Contact Katy Tombaugh  
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