

# 2026 GROUP EXERCISE CLASS SCHEDULE

GROUP EXERCISE CLASSES BELOW ARE INCLUDED IN JCC MEMBERSHIP



MON	TUES	WED	THUR	FRI	SAT
<b>6:00AM</b> <b>TOTAL BODY</b> <b>SCULPT</b> W/ STACEY D	<b>6:00AM</b> <b>CYCLING</b> W/ STACEY D	<b>6:00AM</b> <b>GRIT</b> W/ COURTNEY	<b>6:00AM</b> <b>BOOTCAMP</b> W/ DANA	<b>6:00AM</b> <b>CYCLING</b> W/ RACHEL R	<b>8:15AM</b> <b>CYCLING</b> W/ STACEY D
<b>8:15AM</b> <b>CYCLING</b> W/ MICHELE/STACEY	<b>8:30AM</b> <b>HIGH INTENSITY/</b> <b>LOW IMPACT</b> W/ VICKI M	<b>8:15AM</b> <b>CYCLING</b> W/ STACEY D	<b>8:30AM</b> <b>HIGH INTENSITY/</b> <b>LOW IMPACT</b> W/ VICKI M	<b>7:15AM</b> <b>LIFT LAB</b> W/ SHEA	<b>9:00AM</b> <b>FLOW YOGA</b> W/ STACEY D
<b>8:30AM</b> <b>VINYASA</b> W/ SKYLAR	<b>9:00AM</b> <b>SHALLOW WATER</b> <b>MINDFUL</b> <b>MOVEMENT</b> W/ LORI	<b>8:30AM</b> <b>LIFT LAB</b> W/ KATY	<b>9:00AM</b> <b>ON THE BALL</b> W/ KELLEY	<b>8:15AM</b> <b>CYCLING</b> W/ NICOLE F	<b>9:45AM</b> <b>BODYPUMP</b> W/ JOSH/RACHEL L
<b>9:30AM</b> <b>CYCLING</b> W/ MICHELE W	<b>9:30AM</b> <b>FLOW YOGA</b> W/ BOBBI	<b>9:30AM</b> <b>CYCLING</b> W/ MICHELE W	<b>9:30AM</b> <b>MAT PILATES</b> W/ KYLE R	<b>8:30AM</b> <b>LABLAST</b> W/ KATY	<b>10:00AM</b> <b>AQUA ZUMBA</b> W/ CHRIS
<b>9:45AM</b> <b>MAT PILATES</b> W/ KELLEY	<b>10:00AM</b> <b>DEEP WATER</b> <b>AQUA POWER</b> W/ FLO	<b>9:30AM</b> <b>YOGA FUSION</b> W/ BECCA	<b>10:30AM</b> <b>YOGA FOR</b> <b>EVERYBODY</b> W/ MICHELE	<b>9:00AM</b> <b>SHALLOW WATER</b> <b>AQUA FIT</b> W/ FLO	<b>11:00AM</b> <b>MINDFUL</b> <b>FLOW YOGA</b> W/ MICHELLE M
<b>11:00AM</b> <b>SENIOR DANCE FIT</b> W/ GAIL	<b>11:15AM</b> <b>RESTORATIVE</b> <b>SHALLOW WATER</b> W/ FLO	<b>10:00AM</b> <b>AQUA JOURNEY</b> W/ LORI	<b>12:00PM</b> <b>SENIOR FIT</b> W/ VICKI M	<b>9:30AM</b> <b>VINYASA</b> W/ SKYLAR	<div>SUN</div> <b>8:15AM</b> <b>FLOW YOGA</b> W/ ALEX/PATTI
<b>12:00PM</b> <b>SENIOR FIT</b> W/ GAIL	<b>12:00PM</b> <b>SENIOR FIT</b> W/ KELLEY	<b>11:00AM</b> <b>CHAIR YOGA</b> W/ SONIA	<b>4:30PM</b> <b>LABLAST</b> W/ KATY	<b>10:00AM</b> <b>CARDIO WAVES</b> W/ LORI	
<b>4:30PM</b> <b>LIFT LAB</b> W/ CHRISTINE	<b>2:45PM</b> <b>MIDDAY</b> <b>MEDITATION</b> W/ KATY	<b>12:00PM</b> <b>SENIOR FIT</b> W/ BETH	<b>5:45PM</b> <b>FLOW YOGA</b> W/ STACEY D	<b>11:00AM</b> <b>CHAIR YOGA</b> W/ KELLEY	
<b>6:00PM</b> <b>BODYPUMP</b> W/ RACHEL	<b>4:30PM</b> <b>MAT PILATES</b> W/ KYLE R	<b>4:30PM</b> <b>HIIT</b> W/ CARLIE	<b>6:00PM</b> <b>CYCLING</b> W/ RACHEL R	<b>12:00PM</b> <b>SENIOR FIT</b> W/ BECKY	
<b>7:15PM</b> <b>HIP HOP</b> W/ ROBERT	<b>5:45PM</b> <b>YOGA FOR</b> <b>EVERYBODY</b> W/ JEN	<b>4:40PM</b> <b>CORE &amp; STRETCH</b> W/ ANDI	<b>7:00PM</b> <b>GRIT</b> W/ COURTNEY	<b>1:00PM</b> <b>POWER PILATES</b> W/ KATY	
	<b>7:00PM</b> <b>GRIT</b> W/ COURTNEY	<b>6:00PM</b> <b>BODYPUMP</b> W/ RACHEL L		<b>4:30PM</b> <b>BODYPUMP</b> W/ RACHEL L	
		<b>7:15PM</b> <b>LABLAST</b> W/ ROBERT			
		<b>8PM</b> <b>WOMEN'S CYCLING</b> W/ SHIRA & LEAH			<b>8:45AM</b> <b>WOMEN'S CYCLING</b> W/ SHIRA & LEAH
					<b>9:30AM</b> <b>BODYPUMP</b> W/ COURTNEY
					<b>10:00AM</b> <b>CYCLING</b> W/ NICOLE
					<b>10:50AM</b> <b>CORE &amp; STRETCH</b> W/ NICOLE
					<b>1:30PM</b> <b>LABLAST</b> W/ ROBERT
					<b>4:30PM</b> <b>BODYPUMP</b> <b>HEAVY</b> W/ RACHEL L & JOSH

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

## FITNESS CENTER HOURS

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

Questions? Contact Nick Felhaber at  
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 \*CLASSES SUBJECT TO CHANGE

REGISTRATION FOR CLASSES IS REQUIRED.  
 REGISTER WITHIN THE "MY J" APP,  
 SCAN QR CODE, OR VISIT  
[COLUMBUSJCC.ORG/GROUPEXERCISE](http://COLUMBUSJCC.ORG/GROUPEXERCISE)



REGISTRATION CAN BE MADE 72 HOURS IN  
 ADVANCE FOR CLASSES

**SCHEDULE AS OF FEB 1, 2026**