

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 EXPRESS REFORMER W/ CARLIE	9:30AM BEGINNER/INTERMEDIATE REFORMER W/ MARIA	8:30AM WOMEN ON WEIGHTS W/ CARLIE	9:00AM INTERMEDIATE REFORMER W/ JOYCE	9:00AM INTERMEDIATE REFORMER W/ KYLE	9:30AM PILATES REFORMER W/ MARIA	
4:15PM PILATES REFORMER W/ ALLISON	12:00PM MIXED-LEVEL REFORMER W/ KYLE	10:00AM MIXED-LEVEL REFORMER W/ KELLEY	11:00AM ADAPTED REFORMER W/ KYLE	9:30AM WOMEN ON WEIGHTS 55+ W/ KELLEY		SUN
4:30PM MAX MOBILITY W/ KATY	1:30PM PARKINSONS & STROKE WELLNESS W/ KATY	12:00PM JUMP BOARD REFORMER W/ KELLEY	12:00PM EXPRESS REFORMER W/ KYLE	10:00AM INTERMEDIATE/ADVANCED REFORMER W/ KYLE	8:30AM PILATES REFORMER W/ OLGA	
5:30PM PREGNATAL YOGA W/ KATY	4:00PM MAMA FIT CLUB W/ ANDI	4:30PM MAX MOBILITY W/ KATY	1:30PM PARKINSONS & STROKE WELLNESS W/ KELLEY	12:00PM BEGINNER REFORMER W/ KATY	9:30AM PILATES REFORMER W/ OLGA	
	5:00PM WOMEN ON WEIGHTS W/ ANDI	5:45PM INTERMEDIATE/ADVANCED REFORMER W/ KATY	4:45PM INTERMEDIATE/ADVANCED REFORMER W/ KYLE			
	5:30PM BARRE FITNESS W/ KYLE	5:45PM STRONGHER TEEN TRAINING W/ ANDI	5:30PM BARRE FITNESS W/ KATY			
	6:00PM PILATES REFORMER W/ OLGA		5:45PM BEGINNER/INTERMEDIATE REFORMER W/ KYLE			

FITNESS CENTER HOURS

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

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*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 FEB 1, 2026

Questions? Contact Katy Tombaugh
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