2026 GROUP EXERCISE CLASS SCHEDULE

GROUP EXERCISE CLASSES BELOW ARE INCLUDED IN JCC MEMBERSHIP

MON

6:00AM
TOTAL BODY SCULPT
W/ STACEY D

8:15AM
CYCLING
W/ MICHELE/STACEY

8:30AM
VINYASA
W/ SKYLAR

9:30AM
CYCLING
W/ MICHELE W

9:45AM
MAT PILATES
W/ KELLEY

11:00AM
SENIOR DANCE FIT
W/ GAIL

12:00PM
SENIOR FIT
W/ GAIL

4:30PM
LIFT LAB
W/ CHRISTINE

6:00PM
BODYPUMP
W/ RACHEL

7:15PM
HIP HOP
W/ ROBERT

TUES

6:00AM
CYCLING
W/ STACEY D

8:30AM
HIGH INTENSITY/ LOW IMPACT
W/ VICKI M

9:00AM
SHALLOW WATER MINDFUL MOVEMENT
W/ LORI

9:30AM
FLOW YOGA
W/ BOBBI

10:00AM
DEEP WATER AQUA POWER
W/ FLO

11:15AM
RESTORATIVE SHALLOW WATER
W/ FLO

12:00PM
SENIOR FIT
W/ KELLEY

2:45PM
MIDDAY MEDITATION
W/ KATY

4:30PM
MAT PILATES
W/ KYLE R

5:45PM
YOGA FOR EVERYBODY
W/ JEN

7:00PM
GRIT
W/ COURTNEY

WED

6:00AM
GRIT
W/ COURTNEY

8:15AM
CYCLING
W/ STACEY D

8:30AM
LIFT LAB
W/ KATY

9:30AM
CYCLING
W/ MICHELE W

9:30AM
YOGA FUSION
W/ BECCA

10:00AM
AQUA JOURNEY
W/ LORI

11:00AM
CHAIR YOGA
W/ SONIA

12:00PM
SENIOR FIT
W/ BETH

4:30PM
HIIT
W/ CARLIE

4:40PM
CORE & STRETCH
W/ ANDI

6:00PM
BODYPUMP
W/ RACHEL L

7:15PM
LABLAST
W/ ROBERT

8PM
WOMEN'S CYCLING
W/ SHIRA & LEAH

THUR

6:00AM
BOOTCAMP
W/ DANA

8:30AM
HIGH INTENSITY/ LOW IMPACT
W/ VICKI M

9:00AM
ON THE BALL
W/ KELLEY

9:30AM
MAT PILATES
W/ KYLE R

10:30AM
YOGA FOR EVERYBODY
W/ MICHELE

11:00AM
SENIOR FIT
W/ VICKI M

12:00PM
SENIOR FIT
W/ VICKI M

4:30PM
LABLAST
W/ KATY

5:45PM
FLOW YOGA
W/ STACEY D

6:00PM
CYCLING
W/ RACHEL R

7:00PM
GRIT
W/ COURTNEY

FRI

7:15AM
LIFT LAB
W/ SHEA

8:15AM
CYCLING
W/ NICOLE F

8:30AM
LABLAST
W/ KATY

9:00AM
SHALLOW WATER AQUA FIT
W/ FLO

9:30AM
VINYASA
W/ SKYLAR

10:00AM
CARDIO WAVES
W/ LORI

11:00AM
CHAIR YOGA
W/ KELLEY

12:00PM
SENIOR FIT
W/ BECKY

1:00PM
POWER PILATES
W/ KATY

4:30PM
BODYPUMP
W/ RACHEL L

SAT

8:15AM
CYCLING
W/ STACEY D

9:00AM
FLOW YOGA
W/ STACEY D

9:45AM
BODYPUMP
W/ JOSH/RACHEL L

10:00AM
AQUA ZUMBA
W/ CHRIS

11:00AM
MINDFUL FLOW YOGA
W/ MICHELLE M

SUN

8:15AM
FLOW YOGA
W/ ALEX/PATTI

8:45AM
WOMEN'S CYCLING
W/ SHIRA & LEAH

9:30AM
BODYPUMP
W/ COURTNEY

10:00AM
CYCLING
W/NICOLE

10:50AM
CORE & STRETCH
W/ NICOLE

1:30PM
LABLAST
W/ ROBERT

4:30PM
BODYPUMP HEAVY
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 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 MAR 1, 2026