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

12:00PM
EXPRESS REFORMER
W/ CARLIE

4:15PM
PILATES REFORMER
W/ ALLISON

TUES

9:30AM
BEGINNER/ INTERMEDIATE REFORMER
W/ MARIA

12:00PM
MIXED-LEVEL REFORMER
W/ KYLE

1:30PM
PARKINSONS & STROKE WELLNESS
W/ KATY

4:00PM
MAMA FIT CLUB
W/ ANDI

5:00PM
WOMEN ON WEIGHTS
W/ ANDI

5:30PM
BARRE FITNESS
W/ KYLE

6:00PM
PILATES REFORMER
W/ OLGA

WED

8:30AM
WOMEN ON WEIGHTS
W/ CARLIE

10:00AM
MIXED-LEVEL REFORMER
W/ KELLEY

12:00PM
JUMP BOARD REFORMER
W/ KELLEY

4:30PM
MAX MOBILITY
W/ KATY

5:45PM
INTERMEDIATE/ ADVANCED REFORMER
W/KATY

5:45PM
STRONGHER TEEN TRAINING
W/ ANDI

THUR

9:00AM
INTERMEDIATE REFORMER
W/ JOYCE

11:00AM
ADAPTED REFORMER
W/ KYLE

12:00PM
EXPRESS REFORMER
W/ KYLE

1:30PM
PARKINSONS & STROKE WELLNESS
W/ KELLEY

4:45PM
INTERMEDIATE/ ADVANCED REFORMER
W/ KYLE

5:30PM
BARRE FITNESS
W/ KATY

5:45PM
BEGINNER/ INTERMEDIATE REFORMER
W/ KYLE

FRI

9:00AM
INTERMEDIATE REFORMER
W/ KYLE

8:30AM
CORE & PELVIC FLOOR
W/KELLEY

9:30AM
WOMEN ON WEIGHTS 55+
W/ KELLEY

10:00AM
INTERMEDIATE/ ADVANCED REFORMER
W/ KYLE

12:00PM
BEGINNER REFORMER
W/ KATY

SAT

9:00AM
PILATES REFORMER
W/ MARIA

SUN

8:30AM
PILATES REFORMER
W/ OLGA

9:30AM
PILATES REFORMER
W/ OLGA

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

Questions? Contact Katy Tombaugh at ktombaugh@columbusjcc.org

REGISTRATION CAN BE MADE 1 MONTH IN ADVANCE FOR PREMIUM CLASSES

SCHEDULE AS OF MAR 1, 2026