

2026 GROUP EXERCISE CLASS SCHEDULE

GROUP EXERCISE CLASSES BELOW ARE INCLUDED IN JCC MEMBERSHIP



MON	TUES	WED	THUR	FRI	SAT
6:00AM TOTAL BODY SCULPT W/STACEY D	6:00AM CYCLING W/STACEY D	6:00AM GRIT W/COURTNEY	6:00AM BOOTCAMP W/DANA	7:15AM LIFT LAB W/SHEA	8:15AM CYCLING W/STACEY D
8:15AM CYCLING W/MICHELE/STACEY	8:30AM HIGH INTENSITY/LOW IMPACT W/VICKI M	8:15AM CYCLING W/STACEY D	8:30AM HIGH INTENSITY/LOW IMPACT W/VICKI M	8:15AM CYCLING W/NICOLE F	9:00AM FLOW YOGA W/STACEY D
8:30AM VINYASA W/SKYLAR	9:00AM SHALLOW WATER MINDFUL MOVEMENT W/LORI	8:30AM LIFT LAB W/KATY	9:00AM ON THE BALL W/KELLEY	8:30AM LABLAST W/KATY	9:45AM BODYPUMP W/JOSH/RACHEL L
9:30AM CYCLING W/MICHELE W	9:30AM FLOW YOGA W/BOBBI	9:30AM CYCLING W/MICHELE W	9:30AM MAT PILATES W/KYLE R	9:00AM SHALLOW WATER AQUA FIT W/FLO	10:00AM AQUA ZUMBA W/CHRIS
9:45AM MAT PILATES W/KELLEY	10:00AM DEEP WATER AQUA POWER W/FLO	9:30AM YOGA FUSION W/BECCA	10:30AM YOGA FOR EVERYBODY W/MICHELE	9:30AM VINYASA W/SKYLAR	11:00AM MINDFUL FLOW YOGA W/MICHELLE M
11:00AM SENIOR DANCE FIT W/GAIL	11:00AM SENIOR FIT W/BECKY	10:00AM AQUA JOURNEY W/LORI	11:00AM SENIOR FIT W/VICKI M	10:00AM CARDIO WAVES W/LORI	
12:00PM SENIOR FIT W/GAIL	11:15AM RESTORATIVE SHALLOW WATER W/FLO	11:00AM CHAIR YOGA W/SONIA	12:00PM SENIOR FIT W/VICKI M	11:00AM CHAIR YOGA W/KELLEY	SUN
4:30PM LIFT LAB W/TBD	12:00PM SENIOR FIT W/KELLEY	12:00PM SENIOR FIT W/BETH	4:30PM LABLAST W/KATY	12:00PM SENIOR FIT W/BECKY	8:15AM FLOW YOGA W/ALEX/PATTI
6:00PM BODYPUMP W/RACHEL	2:45PM MIDDAY MEDITATION W/KATY	4:30PM HIIT W/CARLIE	5:45PM FLOW YOGA W/STACEY D	1:00PM POWER PILATES W/KATY	8:45AM WOMEN'S CYCLING W/SHIRA & LEAH
7:15PM HIP HOP W/ROBERT	4:30PM MAT PILATES W/KYLE R	4:40PM CORE & STRETCH W/ANDI	6:00PM CYCLING W/RACHEL R	4:30PM BODYPUMP W/RACHEL L	9:30AM BODYPUMP W/COURTNEY
	5:00PM YOUTH BOOT CAMP (10-12) W/SHEA	6:00PM BODYPUMP W/RACHEL L	7:00PM GRIT W/COURTNEY		10:00AM CYCLING W/NICOLE
	5:45PM YOGA FOR EVERYBODY W/JEN	7:15PM LABLAST W/ROBERT			10:50AM CORE & STRETCH W/NICOLE
	6:00PM YOUTH BOOT CAMP (7-9) W/ANDI	8PM WOMEN'S CYCLING W/SHIRA & LEAH			1:30PM LABLAST W/ROBERT
	7:00PM GRIT W/COURTNEY				4:30PM BARBELL STRENGTH 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 APRIL 1, 2026