

2026 GROUP EXERCISE CLASS SCHEDULE

GROUP EXERCISE CLASSES BELOW ARE INCLUDED IN JCC MEMBERSHIP



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

- 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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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 MAY 1, 2026