

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/VARIES | 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 | 11:00AM LINE DANCING W/KATY | 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 | 11:15AM RESTORATIVE SHALLOW WATER W/FLO | 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 | 12:00PM SENIOR FIT W/KELLEY | 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 |

- 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 JUNE 1, 2026