

# 2026 PREMIUM & REFORMER 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	TUES	WED	THUR	FRI	SAT	SUN
<p><b>12:00PM EXPRESS REFORMER</b> W/ CARLIE</p> <p><b>4:15PM PILATES REFORMER</b> W/ KYLE</p> <p><b>5:30PM YOUTH IGNITE 45</b> W/ SHEA</p>	<p><b>9:30AM BEGINNER/ INTERMEDIATE REFORMER</b> W/ MARIA</p> <p><b>11:00AM WOMEN ON WEIGHTS 55+</b> W/ KELLEY</p> <p><b>12:00PM INTERMEDIATE REFORMER</b> W/ KYLE</p> <p><b>1:30PM PARKINSON'S &amp; STROKE WELLNESS</b> W/ KATY</p> <p><b>4:00PM MAMA FIT CLUB</b> W/ ANDI</p> <p><b>5:00PM WOMEN ON WEIGHTS</b> W/ ANDI</p> <p><b>5:00PM IGNITE 45</b> W/ SEAN</p> <p><b>5:30PM BALLET BASICS</b> W/ KYLE</p>	<p><b>8:30AM WOMEN ON WEIGHTS</b> W/ CARLIE</p> <p><b>10:00AM MIXED-LEVEL REFORMER</b> W/ KELLEY</p> <p><b>5:45PM INTERMEDIATE/ ADVANCED REFORMER</b> W/ KATY</p> <p><b>5:45PM STRONGHER TEEN TRAINING</b> W/ ANDI</p>	<p><b>9:00AM INTERMEDIATE REFORMER</b> W/ JOYCE</p> <p><b>11:00AM ADAPTED INTERMEDIATE REFORMER</b> W/ KYLE</p> <p><b>12:00PM EXPRESS REFORMER</b> W/ KYLE</p> <p><b>1:30PM PARKINSONS &amp; STROKE WELLNESS</b> W/ KELLEY</p> <p><b>4:45PM INTERMEDIATE/ ADVANCED REFORMER</b> W/ KYLE</p> <p><b>5:30PM BARRE FITNESS</b> W/ KATY</p> <p><b>5:45PM BEGINNER/ INTERMEDIATE REFORMER</b> W/ KYLE</p>	<p><b>9:00AM INTERMEDIATE REFORMER</b> W/ KYLE</p> <p><b>8:30AM CORE &amp; PELVIC FLOOR</b> W/ KELLEY</p> <p><b>9:30AM WOMEN ON WEIGHTS 55+</b> W/ KELLEY</p> <p><b>10:00AM ADAPTED INTERMEDIATE REFORMER</b> W/ KYLE</p> <p><b>12:00PM BEGINNER REFORMER</b> W/ KATY</p>	<p><b>8:30AM PILATES REFORMER</b> W/ MARIA</p> <p><b>9:30AM PILATES REFORMER</b> W/ MARIA</p>	<p><b>FITNESS CENTER HOURS</b></p> <p>MONDAY-THURSDAY 5:30AM – 9PM FRIDAY 5:30AM – 6PM SATURDAY-SUNDAY 8AM – 6PM</p> <p>1125 COLLEGE AVE, COLUMBUS OH 43209   (614) 231-2731 *CLASSES SUBJECT TO CHANGE</p>

- 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/](http://columbusjcc.org/pilates-reformer/)

REGISTRATION FOR CLASSES IS REQUIRED. REGISTER WITHIN THE “MY J” APP, SCAN QR CODE, OR VISIT [COLUMBUSJCC.ORG/FITNESS-PROGRAMS](http://COLUMBUSJCC.ORG/FITNESS-PROGRAMS)



Questions? Contact Katy Tombaugh at [ktombaugh@columbusjcc.org](mailto:ktombaugh@columbusjcc.org)

REGISTRATION CAN BE MADE 1 MONTH IN ADVANCE FOR PREMIUM CLASSES

**SCHEDULE AS OF JULY 1, 2026**