

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
12:00PM EXPRESS REFORMER W/ CARLIE	9:30AM BEGINNER/ INTERMEDIATE REFORMER W/ MARIA	8:30AM WOMEN ON WEIGHTS W/ CARLIE	9:00AM INTERMEDIATE REFORMER W/ JOYCE	8:30AM CORE & PELVIC FLOOR W/ KELSEY	8:30AM INTERMEDIATE REFORMER W/ MARIA
4:15PM INTERMEDIATE/ ADVANCED REFORMER W/ KYLE	11:00AM WOMEN ON WEIGHTS 55+ W/ KELSEY	10:00AM MIXED-LEVEL REFORMER W/ KELSEY	11:00AM ADAPTED INTERMEDIATE REFORMER W/ KYLE	9:00AM INTERMEDIATE REFORMER W/ KYLE	SUN 9:30AM BEGINNER/ INTERMEDIATE REFORMER W/ MARIA
5:30PM YOUTH IGNITE 45 W/ SHEA	12:00PM INTERMEDIATE REFORMER W/ KYLE	5:00PM INTERMEDIATE/ ADVANCED REFORMER W/ KATY	12:00PM EXPRESS REFORMER W/ KYLE	9:30AM WOMEN ON WEIGHTS 55+ W/ KELSEY	
	1:30PM PARKINSON'S & STROKE WELLNESS W/ KATY	5:45PM STRONGER TEEN TRAINING W/ ANDI	1:30PM PARKINSONS & STROKE WELLNESS W/ KELSEY	10:00AM ADAPTED INTERMEDIATE REFORMER W/ KYLE	
	4:00PM MAMA FIT CLUB W/ ANDI		4:45PM INTERMEDIATE/ ADVANCED REFORMER W/ KYLE	12:00PM BEGINNER REFORMER W/ KATY	
	5:00PM WOMEN ON WEIGHTS W/ ANDI		5:30PM BARRE FITNESS W/ KATY		
	5:00PM IGNITE 45 W/ SEAN		5:45PM BEGINNER/ INTERMEDIATE REFORMER W/ KYLE		
	5:30PM BALLET BASICS W/ KYLE				

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 AUG 1, 2026