

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 G	8:30AM HIGH INTENSITY/ LOW IMPACT W/ VICKI M	8:15AM CYCLING W/ STACEY G	9:00AM FLOW YOGA W/ STACEY D
8:30AM YOGA FUSION W/ SONIA	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
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	SUN 8:15AM FLOW YOGA W/ ALEX/PATTI 8:45AM WOMEN'S CYCLING W/ SHIRA & LEAH 9:30AM BODYPUMP W/ COURTNEY 10:00AM CYCLING W/ NICOLE 10:50AM CORE & STRETCH W/ NICOLE 12:00PM VINYASA W/ ZACH 1:30PM LABLAST W/ ROBERT 3:30PM BARBELL STRENGTH W/ RACHEL L
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	
4:30PM LIFT LAB W/ SHEA	11:15AM RESTORATIVE SHALLOW WATER W/ FLO	12:00PM SENIOR FIT W/ BETH	4:30PM LABLAST W/ KATY	12:00PM SENIOR FIT W/ BECKY	
6:00PM BODYPUMP W/ RACHEL	12:00PM SENIOR FIT W/ KELLEY	1:00PM POWER PILATES W/ KATY	5:45PM FLOW YOGA W/ STACEY D	1:00PM ZUMBA STRONG NATION W/ CHRYSTAL	
7:15PM HIP HOP W/ ROBERT	4:30PM MAT PILATES W/ KYLE R	4:30PM HIIT W/ CARLIE	6:00PM CYCLING W/ RACHEL R	1:00PM POWER PILATES W/ KYLE R	
	5:00PM YOUTH BOOT CAMP (8-12) W/ SHEA	4:40PM CORE & STRETCH W/ ANDI	7:00PM GRIT W/ COURTNEY	4:30PM BODYPUMP W/ RACHEL L	
	5:45PM YOGA FOR EVERYBODY W/ JEN	6:00PM BODYPUMP W/ RACHEL L			
	7:00PM GRIT W/ COURTNEY	7:15PM LABLAST W/ ROBERT			
		8PM WOMEN'S CYCLING W/ SHIRA & LEAH			

- 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 AUG 1, 2026