

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	9:00AM INTERMEDIATE REFORMER W/ KYLE	8:30AM INTERMEDIATE REFORMER W/ MARIA
1:00PM BALLET BASICS W/ KYLE	11:00AM WOMEN ON WEIGHTS 55+ W/ SHEA	10:00AM MIXED-LEVEL REFORMER W/ KELLEY	11:00AM ADAPTED INTERMEDIATE REFORMER W/ KYLE	9:30AM WOMEN ON WEIGHTS 55+ W/ KELLEY	SUN 9:30AM BEGINNER/INTERMEDIATE REFORMER W/ MARIA
4:30PM INTERMEDIATE/ADVANCED REFORMER W/ KYLE	12:00PM INTERMEDIATE REFORMER W/ KYLE	5:00PM INTERMEDIATE/ADVANCED REFORMER W/ KATY	12:00PM EXPRESS REFORMER W/ KYLE	10:00AM ADAPTED INTERMEDIATE REFORMER W/ KYLE	
5:00PM TAP FOUNDATIONS W/ KATY	1:30PM PARKINSON'S & STROKE WELLNESS W/ KATY	5:45PM STRONGHER TEEN TRAINING W/ ANDI	1:30PM PARKINSONS & STROKE WELLNESS W/ KELLEY	11:00AM FROM THE GROUND UP W/ SEAN	
5:30PM YOUTH IGNITE 45 (GIRLS AGE 12-16) W/ SHEA	4:00PM MAMA FIT CLUB W/ SHEA		4:30PM INTERMEDIATE/ADVANCED REFORMER W/ KYLE	12:00PM BEGINNER REFORMER W/ KATY	
5:30PM EXPRESS REFORMER W/ KYLE	5:00PM WOMEN ON WEIGHTS W/ SHEA		5:00PM WOMEN ON WEIGHTS W/ SHEA	12:00PM SILVER SWAN BALLET W/ JENNIFER M	
	5:00PM BARBELL CLUB W/ SEAN				

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
- DANCE

*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 SEPT 1, 2026