2026 GROUP EXERCISE CLASS SCHEDULE

GROUP EXERCISE CLASSES BELOW ARE INCLUDED IN JCC MEMBERSHIP

MON

6:00AM TOTAL BODY SCULPT
W/ STACEY D

8:15AM CYCLING
W/ MICHELE/STACEY

8:30AM YOGA FUSION
W/ SONIA

9:30AM CYCLING
W/ MICHELE W

9:45AM MAT PILATES
W/ KELLEY

11:00AM SENIOR DANCE FIT
W/ GAIL

12:00PM SENIOR FIT
W/ GAIL

1:00PM POWER PILATES
W/ JEN M

3:30PM FREE INTRO TO REFORMER
W/ KYLE

4:30PM LIFT LAB
W/ SHEA

6:00PM BODYPUMP
W/ RACHEL

6:30PM POWER YOGA
W/ ERICA

7:15PM HIP HOP
W/ ROBERT

TUES

6:00AM CYCLING
W/ STACEY D

8:30AM HIGH INTENSITY/ LOW IMPACT
W/ VICKI M

9:00AM SHALLOW WATER MINDFUL MOVEMENT
W/ LORI

9:30AM FLOW YOGA
W/ BOBBI

10:00AM DEEP WATER AQUA POWER
W/ FLO

11:00AM SENIOR FIT
W/ BECKY

11:00AM LINE DANCING
W/ KATY

11:15AM RESTORATIVE SHALLOW WATER
W/ FLO

12:00PM SENIOR FIT
W/ TRACEY

4:30PM MAT PILATES
W/ KYLE R

5:45PM YOUTH BOOT CAMP (8-12)
W/ ERICA

5:45PM YOGA FOR EVERYBODY
W/ JEN

7:00PM GRIT
W/ COURTNEY

WED

6:00AM GRIT
W/ COURTNEY

8:15AM CYCLING
W/ STACEY G

8:30AM LIFT LAB
W/ KATY

9:30AM CYCLING
W/ MICHELE W

9:30AM YOGA FUSION
W/ BECCA

10:00AM AQUA TRIATHLON
W/ LORI

11:00AM CHAIR YOGA
W/ SONIA

11:00AM SENIOR FIT
W/ CHRYSTAL

12:00PM SENIOR FIT
W/ BETH

1:00PM POWER PILATES
W/ KATY

4:30PM HIIT
W/ CARLIE

4:40PM CORE & STRETCH
W/ ANDI

6:00PM BODYPUMP
W/ RACHEL L

7:15PM LABLAST
W/ ROBERT

8:00PM WOMEN'S CYCLING
W/ SHIRA & LEAH

THUR

6:00AM BOOTCAMP
W/ DANA

8:30AM HIGH INTENSITY/ LOW IMPACT
W/ VICKI M

9:00AM ON THE BALL
W/ KELLEY

9:30AM MAT PILATES
W/ KYLE R

10:30AM YOGA FOR EVERYBODY
W/ MICHELE

11:00AM WEIGHTED VEST WALKING CLUB
W/ KELLEY

11:00AM SENIOR FIT
W/ VICKI M

12:00PM SENIOR FIT
W/ VICKI M

4:30PM LABLAST
W/ KATY

5:45PM FLOW YOGA
W/ STACEY D

7:00PM GRIT
W/ COURTNEY

FRI

7:15AM LIFT LAB
W/ SHEA

8:15AM CYCLING
W/ STACEY G

8:30AM LABLAST
W/ KATY

9:00AM SHALLOW WATER AQUA FIT
W/ FLO

9:30AM VINYASA
W/ SKYLAR

10:00AM CARDIO WAVES
W/ LORI

11:00AM CHAIR YOGA
W/ KELLEY

11:00AM SENIOR FIT
W/ BECKY

12:00PM SENIOR FIT
W/ BECKY

1:00PM STRONG NATION
W/ CHRYSTAL

1:00PM POWER PILATES
W/ KYLE R

3:45PM EXPRESS STEP
W/ VICKI & KATY

4:00PM DEEP RELEASE YOGA
W/ BECCA

4:30PM BODYPUMP
W/ RACHEL L

SAT

8:15AM CYCLING
W/ STACEY D

9:00AM FLOW YOGA
W/ STACEY D

9:45AM BODYPUMP
W/ JOSH

10:00AM AQUA ZUMBA
W/ CHRIS

11:00AM MINDFUL FLOW YOGA
W/ MICHELLE M

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

11:45 AM VINYASA
W/ ZACH

1:30PM LABLAST
W/ ROBERT

3:30PM 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 NOV 1, 2026