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

12:00PM EXPRESS REFORMER W/ CARLIE

1:00PM BALLET BASICS W/ KYLE

4:30PM INTERMEDIATE/ ADVANCED REFORMER W/ KYLE

5:00PM TAP FOUNDATIONS W/ KATY

5:30PM YOUTH IGNITE 45 (GIRLS AGE 12-16) W/ SHEA

5:30PM EXPRESS REFORMER W/ KYLE

TUES

9:30AM BEGINNER/ INTERMEDIATE REFORMER W/ MARIA

11:00AM WOMEN ON WEIGHTS 55+ W/ KELLEY

12:00PM INTERMEDIATE REFORMER W/ KYLE

1:30PM PARKINSON'S & STROKE WELLNESS W/ KELLEY

4:00PM MAMA FIT CLUB W/ ANDI

5:00PM WOMEN ON WEIGHTS W/ SHEA

5:00PM BARBELL CLUB W/ SEAN

WED

8:30AM WOMEN ON WEIGHTS W/ CARLIE

900AM MIXED-LEVEL REFORMER W/ KELLEY

10:00AM MIXED-LEVEL REFORMER W/ KELLEY

12:00PM JUMP BOARD REFORMER W/KELLEY

5:00PM INTERMEDIATE/ ADVANCED REFORMER W/KATY

5:45PM STRONGHER TEEN TRAINING W/ ANDI

THUR

9:00AM INTERMEDIATE REFORMER W/ JOYCE

11:00AM ADAPTED INTERMEDIATE REFORMER W/ KYLE

12:00PM EXPRESS REFORMER W/ KYLE

1:30PM PARKINSONS & STROKE WELLNESS W/ KATY

4:30PM INTERMEDIATE/ ADVANCED REFORMER W/ KYLE

5:00PM WOMEN ON WEIGHTS W/ SHEA

FRI

9:00AM INTERMEDIATE REFORMER W/ KYLE

9:30AM WOMEN ON WEIGHTS 55+ W/ KELLEY

10:00AM ADAPTED INTERMEDIATE REFORMER W/ KYLE

11:00AM FROM THE GROUND UP W/ SEAN

11:00AM SILVER SWAN BALLET W/ JENNIFER M

12:00PM BEGINNER REFORMER W/ KATY

SAT

8:30AM INTERMEDIATE REFORMER W/ MARIA

SUN

9:30AM BEGINNER/ INTERMEDIATE REFORMER W/ MARIA

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 NOV 1, 2026