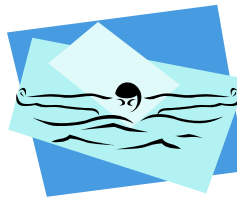


# JCH WELLNESS CENTER

JCH Wellness Center Hours: Mon.-Thurs. 5 am-10 pm,



# THERAPY POOL AQUATICS

Fri. 5 am-8 pm, Sat. 7 am-6 pm, & Sun. 10 am-6 pm

	MON.	TUES.	WED.	THURS.	FRI.
8:00-9:00 am	WATER ARTHRITIS Jennifer		WATER ARTHRITIS Betsy		WATER ARTHRITIS Jennifer
9:00-10:00 am		WATER TAI CHI Betsy		WATER TAI CHI Betsy	
10:00-11:00 am	JOINTS IN MOTION Lila	WATER ARTHRITIS Carol		JOINTS IN MOTION Kathy	
11:00-3:00 pm	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM
4:00-5:00 pm		SWIM LESSONS			
6:00-7:00 pm	JOINTS IN MOTION Gwenda			JOINTS IN MOTION Georgia	
7:00-8:00 pm	AQUA-FIT Gwenda			AQUA-FIT Georgia	

## WINTER classes will be Jan 2nd—April 1st.

**WATER ARTHRITIS:** Instructors lead exercises that will ease pain and help strengthen our arthritic population. Low impact workout open to all populations.

**JOINTS IN MOTION:** Exercises following the Arthritis Foundation's guidelines incorporating resistance equipment.

**WATER TAI CHI:** tai chi that you perform in chest-to-neck deep water that combines the exercise of tai chi with the safety of water exercise. A great mental, balance and low impact workout.

**SWIM LESSONS** See front desk for details. **MUST REGISTER!**

**ADULT SWIM:** Must be **18 years old and up** to be in the pool.

For more information visit us at [www.jch.org](http://www.jch.org) or our Facebook page