

LAND AEROBICS SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|
| Bodypump Express™ Kayla 5-5:45 AM | Cardio/Strength Circuit Courtney S. 5:15-6 AM Begins July 28 th ! | Bodypump™ Tom 5:15-6:15 AM | Kickboxing Jen 8:30-9 AM | Silver Sneakers Circuit@ Katie 7-8 AM | Indoor Cycling Marilyn 7:30-8:15 AM |
| Silver Sneakers Circuit@ Katie 7-8 AM | Yoga Betsy 7:15-8:15 AM | Silver Sneakers Circuit@ Katie 7-8 AM | Yoga Betsy 9:15-10:15 AM | | |
| WERQ 9-9:45 AM | Indoor Cycling Tina 4:30-5:15 PM | Cardio/Strength Circuit Marcia 8:30-9:15 AM | Chair Yoga 10:30-11:30 AM | | |
| | | Cardio/Strength Circuit Express Jen/Tina 5:15-5:45 PM | | | SCHEDULES EFFECTIVE July 13th-31st |
| | | Tai Chi Margie 6-6:45 PM | | | |
| | | | CLASSES LIMITED TO 9 PARTICIPANTS DURING THIS TIME. NO REGISTRATION REQUIRED. | | |

+-
+-

LAP POOL SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

| Hours | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|----------|--|--|--|--|-----------------------------------|-----------------|
| 6-7 AM | Aqua Happy Hour Bea | Aqua Happy Hour Betsy | | | Aqua Happy Hour Bea | |
| 7-8 AM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | |
| | | | Aqua Fit Nancy 8-9 AM | | Aqua Fit Nancy 8:30-9:30 AM | |
| | SWIM LESSONS 9:30-11AM July 20 th -29 th | SWIM LESSONS 9:30-11AM July 20 th -29 th | SWIM LESSONS 9:30-11AM July 20 th -29 th | SWIM LESSONS 9:30-11AM July 20 th -29 th | | |
| 11AM-1PM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | |
| 3-5 PM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | |

SCHEDULES EFFECTIVE JULY 13TH-31ST

- Members are required to schedule appointments for lap swim and open swim. Appointments can be made at the front desk.
- Group exercise classes limited to 14 participants in the Lap Pool. No registration required.

| THERAPY POOL SCHEDULE @ JCH Wellness Center | | | | | | 618.498.3500 |
|--|---|---|---|---|------------|--------------|
| www.jch.org | | | | | | |
| Hours | Monday | Tuesday | Wednesday | Thursday | Friday | Sat/Sun |
| 9:45-10:45 AM | Joints In Motion Lila 9:45-10-45 AM | Water Arthritis Carol 9:45-10:45 AM | | | | |
| 11-11:45 AM | SWIM LESSONS July 20 th -29 th | SWIM LESSONS July 20 th -29 th | SWIM LESSONS July 20 th -29 th | SWIM LESSONS July 20 th -29 th | | |
| 12-3 PM | ADULT SWIM | ADULT SWIM | ADULT SWIM | ADULT SWIM | ADULT SWIM | |
| 6-7 PM | Joints In Motion Georgia | | | Joints In Motion Georgia | | |

AQUA HAPPY HOUR: A low impact workout that is perfect for the beginner or joint sensitive individual.

AQUA-FIT: Builds muscle, increases aerobic fitness, improves flexibility and helps control weight.

LAP SWIM: *Only lap swimmers* are allowed in the pool during these times.

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

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

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

SCHEDULES EFFECTIVE JULY 13TH-31ST

- Members are required to schedule appointments for adult swim and open swim.
Appointments can be made at the front desk.
- Group exercise classes limited to 9 participants in the Therapy Pool. No registration required.

BODY PUMP-This is the original barbell class that challenges all your major muscle groups by using the best weight room exercises. Great music and your choice of weight inspire you to get the results you came for – and fast!

INDOOR CYCLING- Take a 40-minute ride on a challenging path of intervals, sprints, jumps, and hills. This exciting workout provides physical and mental motivation techniques that can be applied to every journey.

STRENGTH/CARDIO CIRCUIT- This class offers muscular conditioning and high intensity cardio intervals designed to make you sweat with the benefit of getting your cardio burn and full body strengthening in one awesome class.

CHAIR YOGA-Gently strengthen & stretch the entire body while using the chair for support & balance. Perfect for senior, office workers or anyone who finds it difficult to sit or stand for long periods.

SILVER SNEAKERS CIRCUIT- For fit and active adults who desire an advanced Silver Sneakers workout. Easy-to-follow cardio circuits to improve cardiovascular conditioning, exercises for upper-body strength, stretch and relaxation.

*****TAI CHI FOR ARTHRITIS** This program was designed by the Arthritis Foundation specifically for those with arthritis, but is appropriate for all individuals. It consists of fluid, gentle, graceful and circular movements that are relaxed and slow in tempo. The class integrates the mind & body as well as strengthens and mobilizes joints and muscles, improving physical fitness and mental relaxation.

YOGA- Think long and strong with this low impact class. It incorporates strength, endurance, flexibility, and proper body alignment. This class is a great way to start or end your day.

KICKBOXING-Fusion of boxing and aerobics done rhythmically to music. Intense cross training and total body conditioning in one class.

DAWN'S HAPPY HOUR-End your week with a fun circuit workout for all levels. You never know what surprises Dawn will have for you!

WERQ- Check out this fiercely fun fitness dance class based on pop, rock and hip hop!