

# LAP POOL SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-6 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim 7-8 AM	
6-7 AM	Aqua Happy Hour Bea	Aqua Happy Hour Betsy	Silver Splash Betsy	Aqua Happy Hour Betsy	Aqua Happy Hour Bea	Aqua Blast Amy 9:30-10:15 AM	
7-8 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
	Water In Motion Jen 8:30-9:25 AM	Aqua Fit Nancy 8-9 AM	Aqua Fit Nancy 8:30-9:30 AM	Aqua Fit Nancy 8-9 AM	Aqua Fit Nancy 8:30-9:30 AM		
		Deep Water Jacqui 9-10 AM		Water In Motion Platinum™ Jacqui 9-10 AM		POOL PARTY 1:30-3 PM	POOL PARTY 1:30-3 PM
11AM-1PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	FAMILY SWIM 3-4 PM	FAMILY SWIM 3-4 PM
	Lap Swim 3:30-4:30 PM	Lap Swim 3:30-5 PM	Lap Swim 3:30-5 PM	Lap Swim 3:30-5 PM	Lap Swim 3:30-5 PM	POOL PARTY 4-5:30 PM	POOL PARTY 4-5:30 PM
	Aqua Fit Nancy 4:30-5:30 PM	Swim Lessons 5-7:15 PM		Swim Lessons 5-7:15 PM	POOL PARTY 6-7:30 PM		

**SCHEDULES EFFECTIVE JAN. 6<sup>TH</sup>-MARCH 29<sup>TH</sup>**

# THERAPY POOL SCHEDULE @ JCH Wellness Center

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
9-10 AM	Water Arthritis Cherie	Water Tai Chi Betsy	Water Walking Betsy 8:30-9:15 AM	Water Tai Chi Betsy		
10-11 AM	Joints In Motion Lila	Water Arthritis Carol	Joints In Motion Jacqui 9:30-10:30 AM	Joints in Motion Georgia/Lila		
11- 3PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	
4 -5 PM		Swim Lessons 4:30-5PM		Swim Lessons 4:30-5PM		
6-7 PM	Joints In Motion Georgia			Joints In Motion Georgia		
7-8 PM	Aqua-Fit Georgia			Aqua-Fit Georgia		

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

**WATER IN MOTION:** Jump in and make a splash with this dynamic cardiovascular workout that tightens and tones the entire body. With land equivalent intensity, enjoy the pure fun of this awesome class!

**WATER IN MOTION PLATINUM:** a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.

**H2O FITNESS:** This high energy water class will give you a total body workout and will be full of surprises! Cardio, toning, balance, flexibility and fun all in one class!

**AQUA-FIT:** Builds muscle, increases aerobic fitness, improves flexibility and helps control weight. A variety of equipment and training techniques will be used to keep the workouts mixed up and exciting!

**FAMILY SWIM:** Bring your kids and come splash around. A lifeguard provides supervision in the lap pool. A parent must be present within the building.

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

**Z-BLAST:** A pool party workout for all ages. A class that is safe, effective and a challenging water based workout!

**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.

**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.

**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!

**BODYSULPTING**-Use a variety of equipment to strengthen & tone the entire body in this low-impact total body class!

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

**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.

**BALANCE FOR LIFE**: Learn balance techniques for everyday life. Lifting, moving, walking, standing, sitting & laying down; focusing on core engagement. Beginner level.

**FIT & BALANCED**: This class is designed for active older adults or anyone looking to improve flexibility, strength and balance. We'll use weights and various equipment to help improve strength & balance.

**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.

**SILVER SNEAKERS CLASSIC**- For fit and active adults, as well as those who are new to exercise. Safe, fun and effective movements with hand-held weights, elastic tubing with handles, and Silver Sneakers ball.

**\*\*\*TAI CHI FOR ARTHRITIS** 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.

**Z-BLAST**- Have a BLAST while getting fit with this high energy class that is sure to get your body moving. Awesome music will motivate you through this interval training style class and will BLAST calories for a super fun and super effective workout!

**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!

**FIT**- Fitness with intensity! 30-minutes of HIGH INTENSITY action to test your limits.

**BOOTYSULPT**-Blast your backside in this 30-minute class with exercises to help lift, shape & sculpt the booty.

**CORE STRENGTH & STRETCH**: This class combines basic Pilates & yoga movements that will flow to improve balance, flexibility and core strength.

**ZUMBA GOLD**: Designed for beginner exercisers or active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity and easier to follow choreography.

**TONE IT UP**: Low intensity class with exercises to tone the entire body. A variety of equipment will be used, so be ready! Handweights, balls, bands, etc.

**VIRTUAL DANCE FITNESS**: A combo class of aerobic exercise and dance fitness on the big screen, great for all levels!



**LES MILLS VIRTUAL**: Experience the world's leading fitness programs and the hottest instructors on the big screen. Virtual classes are marked with the symbol. You can also take the virtual class of your choice anytime there are no schedule classes in the room. See staff for assistance.