

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	Bodypump™ Tom 5:15-6:15 AM	Core Strength & Stretch Jen 5-5:30 AM	Silver Sneakers Circuit@ Katie 6:30-7:15 AM	Indoor Cycling Marilyn 7:30-8:15 AM
Silver Sneakers Circuit@ Katie 6:30-7:15 AM	Yoga Betsy 7:15-8:15 AM	Silver Sneakers Circuit@ Katie 6:30-7:15 AM	Tai Chi 7:15-8:15 AM	Silver Sneakers Circuit@ Katie 7:30-8:15 AM	Z-Blast Amy & Larry 8:30 AM
Silver Sneakers Circuit@ Katie 7:30-8:15 AM	Step Circuit Jen 8:30-9:15 AM BEGINS NOV. 10TH	Silver Sneakers Circuit@ Katie 7:30-8:15 AM	Kickboxing Jen 8:30-9 AM		
BootySculpt 9:20-9:50 AM	Core Strength & Stretch Jen 9:20-9:50 AM BEGINS NOV. 10TH	Cardio/Strength Circuit Marcia 8:30-9:15 AM	Nordic Walking Jacqui 9:15-10:15 AM		SCHEDULES EFFECTIVE Nov. 2nd-29th
Zumba Gold Kuniko 10-10:45 AM	Nordic Walking Jacqui 9:15-10:15 AM	WERQ Alyssa 9:20-10:05 AM	Yoga Betsy 9:15-10:15 AM		
Silver Sneakers Classic Katie 11-11:45 AM	Cardio Strength Circuit Marcia 4:15-5 PM	Silver Sneakers Classic Katie 11-11:45 AM	Chair Yoga Betsy 10:30-11:30 AM		
Tai Chi for Health Margie 6-7 PM	Z-Blast Amy & Larry 7 PM		WERQ Alyssa 6:30-7:15 PM		
			<p>CLASSES LIMITED TO 9 PARTICIPANTS DURING THIS TIME. PLEASE CHECK IN AT THE FRONT DESK PRIOR TO CLASS AND YOUR NAME WILL BE ADDED TO THE CLASS LIST. CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 2 CONSECUTIVE WEEKS WILL BE CANCELLED.</p>		
			<p>VIRTUAL CLASSES AVAILABLE! CHOOSE FROM BODYPUMP, CXWORX, RPM AND MORE. VIRTUAL CLASSES CAN BE TAKEN ANYTIME THERE ARE NO SCHEDULED CLASSES IN THE ROOM.</p>		

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	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 8-9 AM	Aqua Fit Marcia 8-9 AM	Aqua Fit Nancy 8-9 AM	
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 NOVEMBER 2ND-29TH

- 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.
- Please check in at the front desk prior to class and your name will be added to the class list.
 - Classes with less than 4 participants for 2 consecutive weeks will be cancelled.

THERAPY POOL SCHEDULE @ JCH Wellness Center						618.498.3500
www.jch.org						
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	Making Waves Jacqui 9-9:45 AM					
	Joints In Motion Lila 10-10:45 AM	Water Arthritis Carol 10-10:45 AM	Making Waves Jacqui 9-9:45 AM	Joints In Motion Debbie 9-10 AM		
11-3 PM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	
6-6:45 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.

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

MAKING WAVES: A fun class to work muscles & joints for head to toe fitness.

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 NOVEMBER 2ND-29TH

- 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.
- Please check in at the front desk prior to class and your name will be added to the class list.
 - Classes with less than 4 participants for 2 consecutive weeks will be cancelled.

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!

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

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.

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.

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.

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

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!

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

NORDIC WALKING: An outdoor walk using the Nordic poles for a walking workout that burns 20% more calories than regular walking.

TAI CHI FOR HEALTH: Integrate the mind and body through fluid, gentle, circular movements that are relaxed and slow in tempo. Strengthens and mobilizes joints and muscles, improving physical and mental relaxation.

STEP CIRCUIT: Effective circuit workout that challenges all major muscle groups with simple step choreography and strength training exercises.

A variety of BONUS classes are being offered this month. This is the current schedule for BONUS classes, but be sure to check flyers at the front desk or the JCH Wellness Center facebook page for other classes that might be added later. You can pre-register for BONUS classes by stopping at the front desk or call 498-3500.

- 11/4 @ 5:30pm: Restorative Yoga w/ Kim Speidel
- 11/7 @ 9:30am: Step w/ Karen Rose
- 11/7 @ 10:30am: Power Yoga w/ Riley Wittman
- 11/8 @ 10:30am: Yoga for Anxiety w/ Kim Speidel
- 11/14 @ 9:30am: Step w/ Karen Rose
- 11/16 @ 5pm: Slim 'N Trim w/ Dawn Ricklefs
- 11/18 @ 5:30pm: Yoga w/ Shannon Dunham
- 11/22 @ 10:30am: Yoga w/ Blocks w/ Kim Speidel
- 11/28 @ 10:30am: Yoga w/ Shannon Dunham