

## JCH WELLNESS CENTER OUTDOOR CLASS SCHEDULE FOR JULY 6TH-10TH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Sneakers Katie 7-7:45am	Yoga Betsy 7:15-8:15am	Silver Sneakers Katie 7-7:45am	Yoga Betsy 8:30-9:30am	Silver Sneakers Katie 7-7:45am	
	Tai Chi Betsy 8:30-9:30am	Qi Gong/Tai Chi Margie 6-6:45pm	Chair Yoga Betsy 9:45-10:45am		
	Cycling** Tina 4:30-5:15pm				

- Classes available to JCH Wellness Center members only.
- Scan your membership card at the front desk.
- Mats will not be supplied. Please bring your own mat or big towel for Yoga. Please bring your own water bottle & sweat towel to all classes.
- Masks are required in the lobby area of the Wellness Center.
- Masks are encouraged before & after class, but not required while exercising.
- Maintain 6 feet of social distancing, except during classes 10 feet of social distancing is required.
- Class cancellations due to weather will be posted on the JCH Wellness Center facebook page and the front door of the Wellness Center 1-hour prior to class.
- Call 498-3500 for more information.
- \*\*Cycling limited to 10 people.