

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	Cardio/Strength Circuit Marcia 5:15-6 AM	Dawn's Happy Hour Dawn 5:30-6:15 AM	Cycling Marilyn 7:30-8:15 AM
Silver Sneakers Circuit® Katie 7-8 AM	Yoga Betsy 7:15-8:15 AM	Tai Chi Betsy 7-7:50 AM	Yoga Betsy 7:15-8:15 AM	Silver Sneakers Circuit® Katie 7-8 AM	Z-Blast Amy & Larry 8:30-9:15 AM
Advanced Nordic Walk Jacqui 8-9:30 AM	Core Strength & Stretch Jen 8:25-8:55 AM	Advanced Nordic Walk Jacqui 8-9:30 AM	Kickboxing Jen 8:25-8:55 AM	Bootysculpt Alyssa 8:25-8:55 AM	
FIT Jen/Marcia 8:25-8:55 AM	Z-Blast Amy & Larry 9-9:45 AM	Cardio/Strength Circuit Marcia 8:30-9:20 AM	Z-Blast Amy & Larry 9-9:45 AM	BodySculpting Alicia 9-10 AM	SCHEDULES EFFECTIVE Aug. 5 th -Oct. 6 th
Bodypump™ Alicia 9-10 AM	Yoga Betsy 10-11 AM	WERQ™ Alyssa 9:30-10:15 AM	Kettlebell Amy & Larry 9-9:45 AM		
Silver Sneakers Classic® Katie 11-12 PM	Chair Yoga Betsy 11:10-Noon	Senior Nordic Walk Betsy 9:30-10:30 AM	Yoga Betsy 10-11 AM		Check out a Virtual class! Your class, your time!
Silver Sneakers Cardio Circuit® Katie 12-1 PM	Cardio/Strength Circuit Marcia 4:30-5:15 PM	Silver Sneakers Classic® Betsy 11-12 PM	Chair Yoga Betsy 11:10-Noon		
FIT Meghan 4:15-4:45 PM	Tai Chi Margie 6-6:45 PM Ends 8/20	Silver Sneakers Cardio Circuit® Katie 12-1 PM	Bodypump™ Tom 4:30-5:30 PM		
WERQ™ Alyssa 6:15-7 PM	Z-Blast Amy & Larry 7-7:45 PM	Kickboxing/Cardio Strength Circuit Jen 4:30-5:15 PM	Tai Chi Margie 6-6:45 PM Begins 8/22		Check out a Les Mills Virtual class anytime there are no scheduled classes in the room.
Yoga Chris 7:10-8:10 PM		Yoga Shannon 5-5:45 PM BEGINS 9/4	Z-Blast Amy & Larry 7-7:45 PM		BodyPump, RPM, CXWorx, GRIT, Sh'Bam, BodyCombat, BodyFlow , Born 2 Move
			CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 4 CONSECUTIVE WEEKS WILL BE CANCELLED		

LAP POOL SCHEDULE @ JCH Wellness Center

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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™/H2O Fitness Jen/Marcia 8:30-9:25 AM	Aqua Boxing Amy 8-8:40 AM	Water Walk & Tone Nancy 8:15-9:15 AM	H2O Power Amy 8-8:40 AM	Cardio Core Combo Nancy 8:30-9:30 AM		
		Aqua Fit Jacqui 8:45-9:45 AM		Aqua Fit Jacqui 8:45-9:45 AM		POOL PARTY 1:30-3 PM Begins Sept. 7 th	POOL PARTY 1:30-3 PM
11AM-1PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	FAMILY SWIM 3-4 PM Begins Sept. 7 th	FAMILY SWIM 3-4 PM
3:30-5 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	POOL PARTY 4-5:30 PM Begins Sept. 7 th	POOL PARTY 4-5:30 PM
5-7:15 PM		Swim Lessons		Swim Lessons			

SCHEDULES EFFECTIVE AUGUST 5TH – OCTOBER 6TH

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 Marcia		
11:30- 3PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	
4:30-5:35 PM		Swim Lessons		Swim Lessons		
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!

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.

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.

AQUA BOXING: Kick, punch and jump your way into shape with this super fun class filled with cardio, strength & conditioning drills.

H2O POWER: Be ready to work hard with a variety of intervals and stations to blast calories and tone and strengthen your body!

WATER WALKING: Take away the impact of gravity and allow joints optimal flexing, which can improve range of motion. If you are new to exercise or can't swim, don't worry. Aquatic walking classes are designed for anyone, including non-swimmers.

AQUA TONE: Firm, strengthen & tone while listening to hits from the decades!

WATER WALK & TONE: Blast calories, tone, strengthen and walk away the pounds with this total body workout! Walk against the resistance of the water for an awesome calorie blasting workout that's easy on the joints.

CARDIO CORE COMBO: This class combines an awesome cardio workout with exercises to target your core!

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!

CXWORX- A CORE workout that hones in on the sling muscles connecting upper and lower body to tighten your tummy and butt. Improves functional strength and injury prevention.

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

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

ADVANCED NORDIC WALKING: Same great Nordic walking workout at a power walking pace and longer distance. Be ready to move!

SENIOR NORDIC WALKING: An outdoor walk using the Nordic poles geared towards the senior population or anyone needing to walk at a more casual pace.

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.

KETTLEBELL- consists of whole-body movement exercises that deliver cardio, strength, and flexibility benefits in a short amount of time.

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** 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.

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.

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

SH'BAM (dance), RPM (cycling), CXWorx (core), BodyFlow (yoga/pilates), BodyCombat (kickboxing), BodyPump (strength), GRIT (HIIT)

