

# LAND AEROBICS SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Bodypump Express™ Virtual 5:15-6 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	Bodypump Express™ Virtual 5:15-6 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 Betsy 7:15-8:15 AM	Silver Sneakers Circuit® Katie 6:30-7:15 AM	Z-Blast Amy & Larry 8:30-9:25 AM		
Silver Sneakers Circuit® Katie 7:30-8:15 AM	Jen???	Silver Sneakers Circuit® Katie 7:30-8:15 AM	Step Circuit Jen 8:30-9:10 AM	Silver Sneakers Circuit® Katie 7:30-8:15 AM			
BootySculpt Alyssa 9:20-9:50 AM	Core Strength & Stretch Jen 9:15-9:45 AM	Tone It Up Marcia 8:30-9:15 AM	Yoga Betsy 9:15-10:15 AM	Random classes with Jen & Marcia? 8:30-9:15 AM		<b>SCHEDULES EFFECTIVE Aug. 2<sup>nd</sup>-Sept. 5<sup>th</sup></b>	
Zumba Gold Kuniko 10-10:45 AM	Yoga Betsy 10-11 AM	WERQ Alyssa 9:20-10:05 AM	Chair Yoga Betsy 10:30-11:30 AM	Zumba Gold Kuniko 10-10:45 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	Yogafit Tiffany 6-7 PM				
Cardio/Strength Circuit w/ the Ball Dawn 4:20-5:10 PM	Z-Blast Amy & Larry 7-7:45 PM	Yoga NaRetta 6-7 PM					
			<b>CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 2 CONSECUTIVE WEEKS WILL BE CANCELLED.</b>				
			<b>VIRTUAL CLASSES AVAILABLE! CHOOSE FROM BODYPUMP, CXWORX, RPM AND MORE. VIRTUAL CLASSES CAN BE TAKEN ANYTIME THERE ARE NO SCHEDULED CLASSES IN THE ROOM.</b>				

**LAP POOL SCHEDULE @ JCH Wellness Center**

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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	Deep Water Jacqui 8:15-9:15AM	Aqua Fit Nancy 8-9 AM	Aqua Fit Marcia 8-8:50 AM	Aqua Fit Nancy 8-9 AM	Pool Parties 11-12:30 & 1:30-3:30
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 AUGUST 2<sup>ND</sup>-16<sup>TH</sup>**

LAP POOL WILL BE CLOSED FOR MAINTENANCE BEGINNING MONDAY, AUGUST 16<sup>TH</sup>  
FOR APPROXIMATELY 2 WEEKS. THANK YOU FOR YOUR PATIENCE DURING THIS  
TIME.



THERAPY POOL SCHEDULE @ JCH Wellness Center						618.498.3500
www.jch.org						
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	Making Waves Jacqui 9-9:50 AM	Water Tai Chi Betsy 9-9:50 AM	Making Waves Jacqui 9-9:50 AM	Water Arthritis Marcia 9-9:50 AM	Joints In Motion Debbie 9-9:50 AM	
	Joints In Motion Lila 10-10:50 AM	Joints In Motion Carol 10-10:50 AM		Joints In Motion Debbie 10-10:50 AM		
11-3 PM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	
6-7 PM	Joints In Motion Georgia			Joints In Motion Georgia		
7-7:45 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.

**DEEP WATER:** No impact, but challenging workout using floatation belts and other equipment to perform a variety of exercises for a total body workout.

**LAP SWIM:** *Only lap swimmers* 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.

**WATER TAI CHI:** A great mental, balance and low impact workout that combines the exercise of tai chi with the safety of water exercise.

## SCHEDULES EFFECTIVE AUGUST 2<sup>ND</sup> – SEPTEMBER 5<sup>TH</sup>

- 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.

**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.

**INTRO 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. REGISTRATION REQUIRED AT THE FRONT DESK!

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

**CARDIO/STRENGTH CIRCUIT W/ THE BALL**: This circuit class will blend cardio, strength & stability into one class by utilizing the stability ball.

**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.

**YOGAFIT**: A beginners class taught YogaFit style. This flowing class will focus on longer held poses to improve stability, endurance & flexibility.