


# LAND AEROBICS SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bodypump™ Kayla 5-6 AM	BodySculpting/ CXWorx™ Jen/Nikki 5:15 AM	Bodypump™ Tom 5:15-6:15 AM	Cardio/Strength Circuit Courtney S. 5:15-6 AM	 CXWorx 4:45-5:15 AM	Cycling Marilyn 7:30-8:15 AM
Richard Simmons Sweating to the Oldies 7-8 AM	Yoga Betsy 7:15-8:15 AM	Tai Chi Betsy 7-7:50 AM	Yoga Betsy 7:15-8:15 AM	Dawn's Happy Hour Dawn 5:30-6:15 AM	Z-Blast Amy & Larry 8:30-9:15 AM
Bodypump™ Alicia 9-10 AM	Circuit Express Jen/Nikki 8:25-8:55 AM	Bodypump Express™ Nikki 8:15-8:45 AM	Kickboxing Jen 8:25-8:55 AM	Silver Sneakers Circuit® Lila 7-8 AM	
Silver Sneakers Cardio Circuit® Jacqui 12-1 PM	Z-Blast Amy & Larry 9-9:45 AM	CXWorx™ Nikki 8:50-9:20 AM	Z-Blast Amy & Larry 9-9:45 AM	BodySculpting Jen & Alicia 8:30-9:15 AM	<b>SCHEDULES EFFECTIVE</b> March 4 <sup>th</sup> - April 14 <sup>th</sup>
WERQ™ Alyssa 6:15-7 PM	Yoga Betsy 10-11 AM	Chairlesque Alyssa 9:30-10:15 AM	Yoga Betsy 10-11 AM	CXWorx™ Nikki 9:30-10 AM	Check out a Virtual class! Your class, your time!
Yoga Chris 7:10-8:10 PM	Chair Yoga Betsy 11:10-Noon	Senior Nordic Walk Betsy 9:30-10:30 AM	Chair Yoga Betsy 11:10-Noon	Toddler Time 10:15-11AM Alternates w/ Therapy Pool	
	Bodypump™ Nikki 4:30 PM	Silver Sneakers Classic® Betsy 11-12 PM	Bodypump™ Nikki 4:30 PM		
		Silver Sneakers Cardio Circuit® Lila 12-1 PM	Intro Tai Chi Margie 6-6:45 PM <b>*Registration Required*</b>		Check out a Les Mills Virtual class anytime there are no scheduled classes in the room.
		Cardio Strength Circuit/Kickboxing Jen 4:30-5:15 PM	Z-Blast Amy & Larry 7-7:45 PM		BodyPump, RPM, CXWorx, GRIT, Sh'Bam, BodyCombat, BodyFlow , Born 2 Move
		Yoga Shannon 5:20-6 PM Ends 4/24	<b>SCHEDULES EFFECTIVE</b> <b>CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 4 CONSECUTIVE WEEKS WILL</b> <b>BE CANCELLED</b>		

# LAP POOL SCHEDULE @ JCH Wellness Center

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30-6 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	<b>SCHEDULES EFFECTIVE</b> March 4 <sup>th</sup> – April 15 <sup>th</sup>
6-7 AM	Aqua Happy Hour Bea	Aqua Happy Hour Betsy	Silver Splash Betsy	Aqua Happy Hour Betsy	Aqua Happy Hour Bea	Lap Swim 7-8 AM
7-8 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water In Motion™ Heather 8:30-9:25 AM
	Water In Motion™ Jen 8:30-9:25 AM	Aqua Fit Jacqui 9-10 AM	Water Walk & Tone Nancy/Jen 8:30-9:15 AM	Aqua Fit Jacqui 9-10 AM	Water In Motion™ Nikki 8:30-9:25 AM	Aqua Blast Amy 9:30-10:15 AM
10-10:45 AM		Aqua Boxing Amy		H2O Power Amy		
11AM-1PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	<b>FAMILY SWIM</b> Sat. & Sun. 3-4 PM
3:30-5 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	<b>POOL PARTIES</b> Fri. 6-7:30PM Sat. & Sun. 1:30-3PM 4-5:30PM
5:05-5:45 PM		Swim Lessons 3/5-3/28		Swim Lessons 3/5-3/28		
6:30-7:15PM		Water In Motion™ Nikki		Aqua Blast Amy		

# THERAPY POOL SCHEDULE @ JCH Wellness Center

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday
9-10 AM	Water Arthritis Cherie	Water Tai Chi Betsy	Water Walking Betsy 8:30-9:15 AM	Water Tai Chi Betsy	Toddler Time 10:15-11 AM Alternates w/ Aerobics Room
10-11 AM	Joints In Motion Lila	Water Arthritis Carol	Aqua Tone Jacqui 9:20-10:15 AM <b>Ends 3/27</b>	Joints in Motion Debbie	
11- 3PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim
4-5 PM		SWIM LESSONS 3/5-3/28		SWIM LESSONS 3/5-3/28	
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!

**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.

**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.

**BASIC STEP**-Simple step choreography makes this class ideal for those people new to step, but also gives regulars the option to kick up the intensity without complicated step patterns.

**PROGRESSIVE STEP**-Taking step to the next level in this advanced step class.

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

**HIIT**-A 25-minute rigorous interval training sequence with high intensity exercises to build cardiovascular endurance as well as muscular strength & endurance.

**CARDIO COMBO**: Cardio & toning all in one class! Half of the class designated for cardio conditioning and the rest of the class focuses on toning the body using a variety of equipment: dumbbells, bands, balls, etc.

**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.

**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!

**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)

