

LAND AEROBICS SCHEDULE @ JCH Wellness Center				618.498.3500	www.jch.org	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bodypump™ Tom 5-6 AM	Cardio/Strength Circuit Courtney 5:15-6 AM	Bodypump Express™ Kayla 4:45 AM	Thursday Mix Up Jen 5-5:45 AM <i>*See back for schedule*</i>	Cycling Kayla 4:45 AM	Total Body Strength Karen 7:30-8:15 AM	
Silver Sneakers Circuit® Katie 6:30-7:15 AM	Tai Chi Betsy 7:15-8 AM	Silver Sneakers Circuit® Katie 6:30-7:15 AM	Bodypump™ Tom 8:30-9:10 AM	Silver Sneakers Circuit® Katie 6:30-7:15 AM	Z-Blast Larry & Amy 8:30-9:15 AM	
Silver Sneakers Circuit® Katie 7:30-8:15 AM	Step Circuit Jen 8:30-9:15 AM	Silver Sneakers Circuit® Katie 7:30-8:15 AM	Yoga Betsy 9:15-10:15 AM	Silver Sneakers Circuit® Katie 7:30-8:15 AM		
Monday Mix-Up Jen 8:30-9:05 AM	Ab Lab 9:20-9:30 AM	WERQ Alyssa 8:30-9:15 AM	Chair Yoga Betsy 10:30-11:30 AM	Total Body Circuit Alyssa 8:30-9:15 AM		SCHEDULES EFFECTIVE 4/22-6/2
Core Strength & Stretch 9:10-9:40 AM	Yoga Betsy 10-11 AM	Ab Lab 9:20-9:30 AM	Chair Yoga Kim 1-2 PM			
Zumba Gold Kuniko 10-10:45 AM	Chair Yoga Kim 1-2 PM	Silver Sneakers Classic Katie 11-11:45 AM	Low Impact Cardio Erica 4:30-5:05 PM			
Silver Sneakers Classic Katie 11-11:45 AM	Butts & Guts Erica 4:30-5:05 PM	Intro Tai Chi Margie 1-2 PM <i>(registration required)</i>	Yoga Tiffany 6-7 PM			
*Outdoor Total Body Circuit Kayla 4:45-5:15 PM	Z-Blast Amy & Larry 7-7:45 PM	Tai Chi Osteoporosis Margie 2-3 PM <i>(registration required)</i>				
*Outdoor Walking Group Kayla 5:15-5:45 PM		Arms & Abs Jen 4:30-5:05 PM				
Beginner Yoga Kim 6-6:50 PM		Restorative Yoga Kim 6-6:55 PM	CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 4 CONSECUTIVE WEEKS WILL BE CANCELLED.			
Tai Chi for Life Margie 7-8 PM						

LAP POOL SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 AM	Aqua Happy Hour Bea	Silver Sneakers Splash Betsy				
7-8 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8-9 AM	Aqua Fit Christin 8:10-9 AM		Aqua Fit Nancy	Aqua Fit Nancy	Aqua Fit Nancy	
9-10 AM		Aqua Fit Christin	Aqua Jog & Strength Peg	Jog, Pedal & Kick Jacqui		Pool Parties 11-3 PM
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	

THERAPY POOL SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	Water Yoga Kim 8-8:50 AM	Water Yoga Kim 8-8:50 AM			Water Walking 8:15-8:55 AM	SCHEDULES EFFECTIVE 4/22-6/2
	Aqua Aerobics Jacqui 9-9:50 AM	Water Tai Chi Betsy 9-9:50 AM	Aqua Aerobics Jacqui 9-9:50 AM	Water Arthritis Kathy 9-9:50 AM	Water Yoga Kim 9-9:50 AM	
	Joints In Motion Lila 10-10:50 AM	Joints In Motion Carol 10-10:50 AM	Joints In Motion Kathy 10-10:50 AM	Joints In Motion Kathy 10-10:50 AM	Joints In Motion Kathy 10-10:50 AM	
	Adult Swim 11-3 PM	Adult Swim 11-3 PM	Adult Swim 11-3 PM	Adult Swim 11-3 PM	Adult Swim 11-3 PM	
	Joints In Motion Georgia 6-7 PM			Joints In Motion Georgia 6-7 PM		
	Aqua Fit Georgia 7-8 PM			Aqua Fit Georgia 7-8 PM		

AQUA HAPPY HOUR: A low impact workout that is perfect for the beginner or joint sensitive individual.

AQUA-FIT: A fun workout using a variety of equipment including noodles, aqua dumbbells, kickboards, bands & more.

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.

AQUA AEROBICS: A fun workout using weights & noodles for a total body workout.

AQUA CIRCUIT: Cardio and strength circuits for the most effective total body workout!

WATER YOGA: A flow of yoga poses to get a low-impact, full-body workout that helps to improve your strength, balance and range of motion.

SILVER SNEAKERS SPLASH: Specially designed board for arthritis. Great for shoulders, arms, hips, hands and knees.

JOG, PEDAL & KICK: Have some fun with a variety of jogging, cycling and kickboxing drills for a super fun & effective total body workout!

AQUA JOG & STRENGTH: The ultimate workout combining jogging and strength training into a fun & effective total body workout!

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.

***OUTDOOR TOTAL BODY CIRCUIT:** MEET AT LION'S CLUB PARK (N. Jefferson St.) Take your workout outdoors and be challenged through a variety of bodyweighted exercises, drills and use of fitness pad equipment at the park for a fun, safe & effective total body blast!

***OUTDOOR WALKING GROUP:** MEET AT LION'S CLUB PARK (N. Jefferson St.) at the fitness pad.

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!

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.

TOTAL BODY CIRCUIT: Hit every muscle in the body with this total body strength focused workout that utilizes weights and bodyweight only exercises.

CHAIR YOGA-Gently strengthen & stretch the entire body while using the chair for support & balance. Perfect for seniors, 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.

CYCLING: Take a 30-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.

AB LAB: Quick series of exercises focusing on your abs!

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.

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

ZUMBA GOLD: Designed for beginner exercisers or active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity and easier to follow choreography.

RESTORATIVE YOGA: Gentle poses for all levels using bolsters, blankets and props for support to help you fully relax and tune out.

BEGINNER YOGA: A gentle basic class with slow paced stretching and simple breathing exercises.

TAI CHI FOR OSTEOPOROSIS: Consists of slow, gentle movements that develop a sense of harmony between mind & body. Helps with balance, flexibility and overall wellness. (8-week session, registration required)

BUTTS & GUTS: A 30-minute class to target and tighten the lower body and abs.

ARMS & ABS: A 30-minute class that focuses on strengthening the upper body and abs.

LOW IMPACT CARDIO: Thought cardio wasn't possible without jumping? Try this 30-minute class of no jump based exercises for a full body blast!

MONDAY MIXUP: 4/22: Low Impact Cardio, 4/29: Arms & Abs, 5/6: Butts & Guts, 5/13: Low Impact Cardio, 5/20: Arms & Abs

THURSDAY MIXUP: 4/25: Low Impact Cardio 5/2: Step Circuit 5/9: Total Body Strength 5/16: Low Impact Cardio 5/23: Step Circuit 5/30: Total Body Strength