

LAND AEROBICS SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|--|
| Total Body Strength Tom 5-6 AM | Cardio/Strength Circuit Courtney 5:15-6 AM | Total Body Strength Kayla 5-5:45 AM | Chair Fitness Kim 7-7:45 AM | Cardio Circuit Kayla 5-5:30 AM | Total Body Strength Karen 7:30-8:15 AM | |
| Silver Sneakers Circuit® Katie 7-8 AM | Chair Fitness Kim 7-7:45 AM | Silver Sneakers Circuit® Katie 7-8 AM | Total Body Strength Tom 8:30-9:10 AM | Ab Lab Kayla 5:30-5:45 AM | Z-Blast Larry & Amy 8:30-9:15 AM | |
| Jump, Pump & Jab Jen 8:30-9:10 AM | Step Circuit Jen 8:30-9:15 AM | Line Dancing Jacqui 8-8:25 AM 3/18-4/8 | Yoga Betsy 9:15-10:15 AM | Silver Sneakers Circuit® Katie 7-8 AM | | |
| Everyday Stretch Jen 9:15-9:30 AM | Yoga Betsy 10-11 AM | Butts & Guts Alyssa 8:30-9:15 AM | Chair Yoga Betsy 10:30-11:30 AM | Total Body Circuit Alyssa 8:30-9 AM | | |
| Balance & Beyond Katie 10-10:45 AM | Tai Chi Betsy 11-11:45 AM | Balance & Beyond Katie 10-10:45 AM | Chair Fitness Kim 12:30-1 PM | | | SCHEDULES EFFECTIVE March 16-May 31 |
| Silver Sneakers Classic Katie 11-11:45 AM | Chair Fitness Kim 12:30-1 PM | Silver Sneakers Classic Katie 11-11:45 AM | Chair Yoga Kim 1-2 PM | | | |
| Cardio Circuit Kayla 5-5:30 PM | Chair Yoga Kim 1-2 PM | Intro Tai Chi Margie 1-2 PM Registration required | Cardio/Strength Circuit Erica 4:30-5 PM | | | |
| Butts & Guts Kayla 5:30-5:50 PM | ABC'S (Arms, Butt & Core) Erica 4:30-5:15 PM | Tai Chi Refresher Margie 2-3 PM Registration required | Yoga Tiffany 6-7 PM | | | |
| Yoga Kim 6-6:50 PM | All Levels Tai Chi Margie 6-6:45 PM | BodySculpt Jen 4:30-5:10 PM | | | | |
| All Levels Tai Chi Margie 7-8 PM | Z-Blast Amy & Larry 7-7:45 PM | Restorative Yoga Kim 6-7 PM | | | | |

LAP POOL SCHEDULE @ JCH Wellness Center

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|-------------------------------|--|---|-------------------------------|--------------------------|--|
| Monday Mix-Up Kim 6-7 AM | Lap Swim 7-8 AM | Lap Swim 7-8 AM | Lap Swim 7-8 AM | Lap Swim 7-8 AM | Pool Parties 11AM-3PM | Pool Parties 11AM-3PM |
| Lap Swim 7-8 AM | Aqua Boxing Kim 9-10 AM | Aqua Jog & Strength Peg 9-9:45 AM | Core & Cardio w/ the Noodle Jacqui 9-10 AM | Aqua Dancing Kim 8-9 AM | | SCHEDULES EFFECTIVE March 16-May 31 |
| Water In Motion Heather 8-9 AM | Lap Swim 11AM-1PM | Lap Swim 11AM-12:45PM | Lap Swim 11AM-1PM | Lap Swim 11AM-1PM | | |
| Lap Swim 11AM-1PM | Lap Swim 3-5 PM | Swim Lessons 12:45-3 PM | Swim Lessons 5-7:45 PM | Lap Swim 3-5 PM | | |
| Lap Swim 3-5 PM | Swim Lessons 5-7:45 PM | Lap Swim 3-5 PM | | | | Schedule subject to change due to special trainings & events. |
| | | Swim Lessons 5-5:45 PM | | | | Call 498-3500 to check for schedule changes! |
| | | Lifeguard Training 7:15-8:15 AM | | | | |

WATER IN MOTION: Water in Motion is a group aqua exercise program that uses music and choreography to create a high-energy, low-impact workout. Classes are designed for all ages and fitness levels and can help tone and strengthen the entire body.

AQUA BOXING: Kick & punch your way through a fun water workout!

CORE & CARDIO W/ NOODLE: Low impact cardio-core pool noodle workout combines resistance training with buoyancy to torch calories and strength the core!

MONDAY MIX UP: Join Kim for a surprise workout to get your week started!

AQUA JOG & STRENGTH: Combines high-intensity interval training (HIIT) with resistance exercises to build cardiovascular endurance and muscle strength without joint impact.

AQUA DANCING: Fun music and dancing for a calorie blasting workout!

LAP SWIM: Only lap swimmers allowed in the pool during these times.

POOLS ARE AVAILABLE FOR **OPEN SWIM** ANYTIME DURING REGULAR HOURS WHEN THERE IS NOTHING SCHEDULED. Must be 16 years or older to swim alone. An adult at least 18 must be in the pool area supervising anyone younger than 16.

Monday-Thursday 4:30am-9pm

Friday 4:30am-8pm Saturday 7am-4pm Sunday 10am-4pm

| THERAPY POOL SCHEDULE @ JCH Wellness Center 618.498.3500 | | | | | | |
|--|--|--|--|---------------------------------|----------|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Aqua Aerobics Jacqui 9-10 AM | Water Yoga Kim 8-8:50 AM | Walk & Weights Jacqui 9-10 AM | Cardio Power Yoga Kim 8-8:50 AM | Yoga Kim 9-9:50 AM | | |
| Joints In Motion Lila 10-10:50 AM | Water Tai Chi Betsy 9-9:50 AM | Joints In Motion Peg 10-10:50 AM | Water Arthritis 9-9:50 AM | Joints In Motion 10-10:50 AM | | SCHEDULES EFFECTIVE March 16-May 31 |
| Adult Swim 11-3 PM | Joints In Motion Carol 10-10:50 AM | Adult Swim 11-3 PM | Joints In Motion 10-10:50 AM | Adult Swim 11-3 PM | | |
| Joints In Motion Georgia 6-7 PM | Adult Swim 11-3 PM | Swim Lessons 3-5 PM | Adult Swim 11-3 PM | | | |
| Aqua Fit Georgia 7-8 PM | | | Joints In Motion Georgia 6-7 PM | | | |
| | | | Aqua Fit Georgia 7-8 PM | | | |

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

AQUA AEROBICS: Join Jacqui for a surprise workout to get your week started!

WALK & WEIGHTS: Water walking & weighted exercises for a total body workout!

ADULT SWIM: Must be **18 years old and up** to be in the pool

SWIM LESSONS: Reserved for lessons only. No one allowed in the pool during this time.

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.

CARDIO POWER YOGA: High energy flow that blends yoga postures with cardio-driven movements.

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

POOLS ARE AVAILABLE FOR **OPEN SWIM** ANYTIME DURING REGULAR HOURS WHEN THERE IS NOTHING SCHEDULED. Must be 16 years or older to swim alone. An adult at least 18 must be in the pool area supervising anyone younger than 16.

Monday-Thursday 4:30am-9pm, Friday 4:30am-8pm, Saturday 7am-4pm, Sunday 10am-4pm

STEP CIRCUIT-Basic step combos combined with strength training for a total body workout!

LINE DANCING: Step into the fun with basic line dancing combos. Upbeat music, easy to follow steps and lots of fun for a quick line-dance workout.

EVERYDAY STRETCH: A quick session of basic stretches to release tension, boost range of motion and sup

JUMP, PUMP & JAB-. Improve cardiovascular endurance and muscular toning by rotating between quick jump exercises, strength training, and kickboxing combos.

BALANCE & BEYOND: This class will take you through skills & drills to help you gain confidence to get up, down and move around safely. Everyone can benefit from improved balance so all levels are welcome with a variety of levels provided!

TOTAL BODY STRENGTH-This total body workout utilizing a variety of weights for total body conditioning!

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 with cardio bursts to crank up the heart rate!

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.

CHAIR FITNESS- Low-impact, seated exercises for strength, flexibility, balance, and mobility, using a sturdy chair for support to make fitness accessible for beginners, seniors, those with injuries, chronic pain, or mobility issues. A full-body workout that's safe and effective for all ability levels, improving daily function and reducing fall risks.

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.

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!

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

BUTTS & GUTS: A quick class to target the lower body & core!

ABC'S: A quick class to target arms, butt & core!

INTRO TAI CHI: 8-week session for beginners wanting to learn the many forms of Tai Chi and experience all of the benefits. Registration required at the front desk.

TAI CHI REFRESHER: 8-week session for those who have taken Tai Chi and want to continue more advanced forms. Registration required at the front desk.

ALL LEVELS TAI CHI: Drop in class for all levels looking to experience the many benefits of Tai Chi!

CARDIO CIRCUIT: A variety of cardio circuits with intensity options given for all levels for a calorie blasting workout!

BODYSCULPT: A total body workout using bodyweight and lighter weights for higher reps to target all major muscle groups.

CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 4 CONSECUTIVE WEEKS WILL BE CANCELLED!