

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 5-5:45 AM	Thursday Mix Up Jen 5-5:45 AM <small>*See back for schedule*</small>	Cycling Kayla 5-5:30 AM	Z-Blast Larry & Amy 8:30-9:15 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	Ab Lab Kayla 5:30-5:45 AM		
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	Yoga Betsy 9:15-10:15 AM	Silver Sneakers Circuit® Katie 6:30-7:15 AM		
Total Body Strength 8:30-9:15 AM Jen	Core Strength & Stretch Jen 9:15-9:45 AM	No Jump HIIT Jen 9-9:30 AM	Chair Yoga Betsy 10:30-11:30 AM	Silver Sneakers Circuit® Katie 7:30-8:15 AM		SCHEDULES EFFECTIVE Sept. 5th-Oct. 1st
Zumba Gold Kuniko 10-10:45 AM	Yoga Betsy 10-11 AM	Silver Sneakers Classic Katie 11-11:45 AM	Chair Yoga Kim 1-2 PM	Total Body Circuit Alyssa 8:30-9 AM		
Silver Sneakers Classic Katie 11-11:45 AM	Chair Yoga Kim 1-2 PM	Total Body Strength Jen 4:30-5:15 PM	Yoga Tiffany 6-7 PM			
Cardio Circuit Kayla 4:45-5:15 PM	Z-Blast Amy & Larry 7-7:45 PM	Restorative Yoga Kim 6-6:55 PM				
Cycling Kayla 5:15-5:45 PM		Tai Chi for Arthritis & Fall Prevention Margie 7-8 PM <small>*Registration required*</small>				
Yoga Kim 6-6:50 PM						
Tai Chi for Health Margie 7-8 PM			CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 4 CONSECUTIVE WEEKS WILL BE CANCELLED.			

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-Core Board Training Betsy			Aqua Happy Hour Bea	
7-8 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8-9 AM	Aqua Fit Heather	Aqua Jogging Amy	Aqua Fit Nancy	Aqua Jogging Amy	Aqua Fit Nancy	
9-10 AM		Kick & Jive Jacqui		Kick & Jive Jacqui		Pool Parties 11-12:30 & 1:30-3
11AM-1PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
	Home School Swim Lessons 1-1:45 PM Begins 9/18					
3-5 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
		Swim Lessons 6-6:45 PM Begins 9/19		Swim Lessons 6-6:45 PM Begins 9/21		

SCHEDULES EFFECTIVE SEPTEMBER 5TH-OCTOBER 1ST

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 Arthritis Kathy 9-9:50 AM	Water Yoga Kim 9-9:50 AM	SCHEDULES EFFECTIVE 9/5-10/1
	Aqua Aerobics Jacqui 9-9:50 AM	Water Tai Chi Betsy 9-9:50 AM	Aqua Aerobics Jacqui 9-9:50 AM	Joints In Motion Debbe 10-10:50 AM	Joints In Motion Debbe 10-10:50 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	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	Swim Lessons 5:25-5:55 PM Begins 9/21		
	Joints In Motion Georgia 6-7 PM	Swim Lessons 5:25-5:55 PM Begins 9/19	Splash Buddies 4:30-5 PM Begins 9/20	Joints In Motion Georgia 6-7 PM		
	Aqua Fit Georgia 7-8 PM	Water Yoga Kim 7-8 PM	Swim Lessons 5:05-5:35 PM Begins 9/20	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 JOGGING: Get the many benefits of jogging without the

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 CORE BOARD: Specially designed board for arthritis. Great for shoulders, arms, hips, hands and knees.

KICK & JIVE: Kickboxing & dance moves combined for a total body blast!

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.

CHAIR/WALL YOGA: Gently strengthen & stretch the entire body while using the chair & wall 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.

YOGA FLOW-Build strength & stability through active poses, as well as working the joints & connective tissue with holding poses for a yoga experience that will work your body and calm your mind.

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.

TAI CHI FOR ARTHRITIS & FALL PREVENTION: 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)

TAI CHI FOR HEALTH: Consists of slow, gentle movements that develop a sense of harmony between mind & body. Helps with balance, flexibility and overall wellness.

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

THURSDAY MIXUP: 9/7 Step Circuit, 9/14 Total Body Strength, 9/21 Step Circuit, 9/28 Total Body Strength