

LAND AEROBICS SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bodypump Express™ Kayla 5-5:45 AM	Cardio/Strength Circuit Courtney S. 5:15-6 AM	Bodypump™ Tom 5-6 AM	Thursday Mix Up Jen/Courtney 5-5:45 AM <i>*See back for class lineup*</i>	Cycling Kayla 5-5:30am	Cardio/Strength Circuit Karen 7:30-8:15 AM	
Silver Sneakers Circuit® Katie 6:30-7:15 AM	Cardio Kickboxing Jen 8:30-9:00 AM	Silver Sneakers Circuit® Katie 6:30-7:15 AM	Step Circuit Jen 8:30-9:10am	Ab Lab 5:35-5:45am	Z-Blast Larry & Amy 8:30-9:15 AM	
Silver Sneakers Circuit® Katie 7:30-8:15 AM	Core Strength & Stretch Jen 9:05-9:35 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 Circuit Alyssa 9:20-9:55 AM	Yoga Betsy 10-11 AM	Zumba Gold Kuniko 8:30-9:15 AM	Chair Yoga Betsy 10:30-11:30 AM	Silver Sneakers Circuit® Katie 7:30-8:15 AM		SCHEDULES EFFECTIVE SEPT. 6-OCT. 2
Zumba Gold Kuniko 10-10:45 AM	Outdoor Workout Fitness Court Kayla 4:45-5:15 PM <i>*Registration required*</i>	Bootysculpt Alyssa 9:20-9:50 AM	Yoga Tiffany 6-7 PM			
Silver Sneakers Classic Katie 11-11:45 AM	Z-Blast Amy & Larry 7-7:45 PM	Silver Sneakers Classic Katie 11-11:45 AM				
Ball & More Dawn 4:20-5:10 PM		Total Body Strength Circuit Jen 4:30-5:15 PM				
Yoga Flow Kim 6-7 PM NO CLASS 9/26		Core30 Tina 5:20-5:50 PM	CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 4 CONSECUTIVE WEEKS WILL BE CANCELLED.			
Tai Chi for Health Margie 7-8 PM		Restorative Yoga Kim 6-6:55 PM	VIRTUAL CLASSES AVAILABLE! CHOOSE FROM BODYPUMP, CXWORX, RPM AND MORE. VIRTUAL CLASSES CAN BE TAKEN ANYTIME THERE ARE NO SCHEDULED CLASSES IN THE ROOM.			
		Tai Chi for Osteoporosis Margie 7-8 PM <i>*Registration required*</i>				

LAP POOL SCHEDULE @ JCH Wellness Center

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Laps at the Disco Jacqui 8-9 AM	Aqua Fit Nancy 8-9 AM	Walk-It-Off Jacqui 8-9 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 SEPTEMBER 6TH-OCTOBER 2ND

THERAPY POOL SCHEDULE @ JCH Wellness Center						618.498.3500
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Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
9-9:50AM	Making Waves Jacqui	Water Tai Chi Betsy	Water Groove Jacqui	Water Arthritis Kathy		
10-10:50AM	Joints In Motion Lila	Joints In Motion Carol	Joints In Motion Kathy	Joints In Motion Debbe	Joints In Motion Debbe	
11-3 PM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	
6-7 PM	Joints In Motion Georgia			Joints In Motion Georgia		
7-8 PM	Aqua Fit Georgia			Aqua Fit Georgia		

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

AQUA-FIT: Builds muscle, increases aerobic fitness, improves flexibility and helps control weight using a variety of equipment including noodles, aqua dumbbells, kickboards, bands & more. Always a surprise but guaranteed an awesome workout!

LAPS AT THE DISCO: Deep water and cardio dance segments to all your disco favorites for a fun, full 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.

WATER GROOVE: Low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength, and flexibility.

SCHEDULES EFFECTIVE SEPTEMBER 6TH-OCTOBER 2ND

- Classes with less than 4 participants for 4 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.

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.

CORE30: LES MILLS CORE™ is a **scientific core workout for incredible core tone and sports performance**. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

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.

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.

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.

BALL & MORE: This class will blend cardio, strength & stability into one class by utilizing the stability ball, bands weights and more!

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.

REPS & SETS: Total body strength & conditioning class utilizing dumbbells, kettlebells & more for a total body workout!

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

NORDIC WALKING: An outdoor walk using the Nordic poles for a walking workout that burns 20% more calories than regular walking.

OUTDOOR WORKOUT: Located at the fitness court at Lion's Club Park. Weekly sign up recommended & appreciated. Please call 498-3500. FREE to non-members!

THURSDAY MIXUP: 9/8: Step Circuit w/ Jen 9/15: Cardio Strength Circuit w/ Courtney 9/22: Cardio Strength Circuit w/ Courtney 9/29: Total Body Strength w/ Jen