


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	Outdoor Nordic Walking Jacqui 8:15-9 AM	Total Body Circuit Kayla 5-5:30 AM	Total Body Strength Karen 7:30-8:15 AM		
Silver Sneakers Circuit® Katie 7-8 AM	Walking Group Katie 7-7:45 AM	Silver Sneakers Circuit® Katie 7-8 AM	Bodypump™ Tom 8:30-9:10 AM	Ab Lab Kayla 5:30-5:45 AM	Z-Blast Larry & Amy 8:30-9:15 AM		
BodySculpt Jen 8:30-9:05 AM	Cardio Circuit Jen 8:30-9:05 AM	Butts & Guts Alyssa 8:30-9:15 AM	Yoga Betsy 9:15-10:15 AM	Silver Sneakers Circuit® Katie 7-8 AM			
Full Body Stretch Jen 9:10-9:30 AM	All About the Core Jen 9:10-9:30 AM	Silver Sneakers Circuit® Katie 10-10:45 AM	Chair Yoga Betsy 10:30-11:30 AM	Total Body Circuit Alyssa 8:30-9 AM			SCHEDULES EFFECTIVE April 7th – June 1st
Silver Sneakers Circuit® Katie 10-10:45 AM	Yoga Betsy 10-11 AM	Silver Sneakers Classic Katie 11-11:45 AM	Chair Yoga Kim 1-2 PM				
Silver Sneakers Classic Katie 11-11:45 AM	Tai Chi Betsy 11-11:45 AM	Tai Chi for Arthritis/Fall Prevention Margie 1-2 PM Registration required	Lower Body Strength Erica 4:30-5 PM				
Total Body Circuit Kayla 5-5:30 PM	Chair Yoga Kim 1-2 PM	Tai Chi Refresher Margie 2-3 PM Registration required	Yoga Tiffany 6-7 PM				
Cycling Kayla 5:30-5:50 PM	Upper Body Strength Erica 4:30-5:05 PM	Total Body Circuit Jen 4:30-5 PM					
Yoga Kim 6-6:50 PM	Intro Tai Chi Margie 6-6:45 PM Registration required	All About the Core Jen 5:05-5:30 PM					
Tai Chi Margie 7-8 PM	Z-Blast Amy & Larry 7-7:45 PM	Restorative Yoga Kim 6-7 PM	 Be sure to like the JCH Wellness Center Facebook page for daily class line-up and schedule changes.				

LAP POOL SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 4:30-7 AM	Open Swim 4:30-7 AM	Open Swim 4:30-7 AM	Open Swim 4:30-7 AM	Open Swim 4:30-7 AM	Open Swim 7-11 AM	Open Swim 10-11 AM
Lap Swim 7-8 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 11-3 PM
Water In Motion Heather 8-9 AM	AquaFit Kim 9-10 AM	Aqua Jog & Strength Peg 9-10 AM	Water In Motion Jen 8-9 AM	AquaFit Kim 8-9 AM	Open Swim 3-3:45 PM	Open Swim 3-3:45 PM
Open Swim 9-11 AM	Open Swim 10-11 AM	Aqua Movement Peg 10-10:30 AM	Open Swim 9-11 AM	Open Swim 9-11 AM		
Lap Swim 11AM-1PM	Lap Swim 11AM-1PM	Open Swim 10:30-11 AM	Lap Swim 11AM-1PM	Lap Swim 11AM-1PM		
Open Swim 1-3 PM	Open Swim 1-3 PM	Lap Swim 11AM-1PM	Open Swim 1-3 PM	Open Swim 1-3 PM		Schedule subject to change due to special trainings & events.
Lap Swim 3-5 PM	Lap Swim 3-5 PM	Swim Lessons 1:30-3 PM	Lap Swim 3-5 PM	Lap Swim 3-5 PM		Call 498-3500 to check for schedule changes!
Open Swim 5-8:45 PM	Open Swim 5-6 PM	Lap Swim 3-5 PM	Open Swim 5-6 PM	Open Swim 5-7:45 PM		
	Swim Lessons 6-7:30 PM	Open Swim 5-8:45 PM	Swim Lessons 6-7:30 PM			
	Open Swim 7:30-8:45 PM		Open Swim 7:30-8:45 PM			

THERAPY POOL SCHEDULE @ JCH Wellness Center 618.498.3500						
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	Open Swim 4:30-8 AM	Open Swim 4:30-8 AM	Open Swim 4:30-9:15 AM	Open Swim 4:30-9 AM	Open Swim 4:30-9 AM	
	Water Yoga Kim 8-8:50 AM	Water Yoga Kim 8-8:50 AM	Focus & Fit Jacqui 9:15-10 AM	Water Arthritis Kathy 9-9:50 AM	Water Yoga Kim 9-9:50 AM	SCHEDULES EFFECTIVE April 7 th -June 1 st
	Focus & Fit Jacqui 9:15-10 AM	Water Tai Chi Betsy 9-9:50 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	Saturday Open Swim 7AM-3:45PM
	Joints In Motion Lila 10-10:50 AM	Joints In Motion Carol 10-10:50 AM	Adult Swim 11-3 PM	Adult Swim 11-3 PM	Adult Swim 11-3 PM	Sunday Open Swim 10AM-3:45 PM
	Adult Swim 11-3 PM	Adult Swim 11-3 PM	Swim Lessons 3:15-5:35 PM	Open Swim 3-4:45 PM	Open Swim 3-7:45 PM	
	Open Swim 3-6 PM	Open Swim 3-4:30 PM	Open Swim 5:35-8:45 PM	Swim Lessons 4:30-6 PM		
	Joints In Motion Georgia 6-7 PM	Swim Lessons 4:30-6 PM		Joints In Motion Georgia 6-7 PM		
	Aqua Fit Georgia 7-8 PM	Open Swim 6-8:45 PM		Aqua Fit Georgia 7-8 PM		
	Open Swim 8-8:45 PM			Open Swim 8-8:45 PM		

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

FOCUS & FIT: Each class will target a specific muscle group and focus on specific exercises to target that area.

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

OPEN SWIM: 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.

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.

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 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.

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

AQUA MOVEMENT: A quick workout that incorporates balance, stretch, walking and relaxation.

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.

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!

BODYSULPT-A total body workout using light weights, bodyweight and high reps. Balance, strength & flexibility come together through functional exercises.

ALL ABOUT THE CORE: Pilates based exercises that focus on improving all over core strength.

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.

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!

FULL BODY STRETCH: Unlock stiffness, improve posture, and increase flexibility and range of motion in this **feel-good, full body stretch class**.

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

UPPER BODY STRENGTH: A quick class to targeting the upper body!

LOWER BODY STRENGTH: A quick class to target the lower body!

CARDIO CIRCUIT: A variety of full body movement to crank the heart rate for a quick calorie burning workout.

TAI CHI FOR ARTHRITIS & FALL PREVENTION: 8-week session suitable for all levels. Registration required at the front desk.

INTRO TAI CHI: 8-week session for beginners focused on the basic forms of Tai Chi for Arthritis & Fall Prevention. Registration required at the front desk.

TAI CHI REFRESHER: 8-week session of Tai Chi for those who have already completed an intro session. Registration required at the front desk.

WALKING GROUP: If weather cooperates we will go outside and get some steps in while sneaking in some other activities for a well-rounded workout. We'll stay inside if weather is bad. Meet at the group exercise room.

NORDIC WALKING: Head outdoors and take your walk to the next level with the Nordic Poles! Great for toning the arms, core and hips You can walk without the poles too! Join the fun!

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