

## JCH Wellness Center Class Schedules 498.3500 [www.jch.org](http://www.jch.org)

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday/Sunday                      |
|--|--|--|--|---|--------------------------------------|
| Bodypump™<br>Tom<br>5:15-6:15 AM                     | Cardio/Strength Circuit<br>Courtney<br>5:15-6 AM         | Bodypump Express™<br>Kayla<br>5:15-6 AM                    | Kickboxing<br>Jen<br>5:15 – 6 AM   | Cardio/Strength<br>Circuit<br>Dawn<br>5:30-6:15 AM                          | Cycling<br>Marilyn<br>7:30-8:15 AM   |
| Morning Stretch<br>Katie 6:30-7AM                    | Yoga<br>Betsy<br>7:15-8:15 AM                            | Ab Lab<br>Kayla<br>6-6:15 AM                               | Yoga<br>Betsy<br>7:15-8:15 AM  | Morning Stretch<br>Katie 6:30-7AM   | Z Blast<br>Amy/Larry<br>8:30-9:30 AM |
| Silver Sneakers<br>Circuit®<br>Katie 7-8 AM          | Upper/Lower Body Circuit<br>Jen<br>8:25-8:55 AM          | Tai Chi<br>Betsy<br>7-7:50 AM                              | Upper/Lower Body<br>Circuit<br>Amy<br>8:25-8:55 AM   | Silver Sneakers<br>Circuit®<br>Katie 7-8 AM                                 |                                      |
| Basic Step<br>Karen<br>8:25-8:55 AM                  | Z Blast<br>Amy/Larry<br>9-10 AM                          | Kickboxing<br>Jen<br>8:30-9:15 AM                          | Z Blast<br>Amy/Larry<br>9-10 AM  | Progressive Step<br>Karen<br>8:25-8:55 AM                                   |                                      |
| Bodypump™<br>Alicia<br>9-10 AM                       | Yoga<br>Betsy<br>10-11 AM                                | WERQ™<br>Alyssa<br>9:30-10:15 AM                           | Yoga<br>Betsy<br>10-11 AM  | Bodypump™<br>Alicia<br>9-10 AM  |                                      |
| WERQ™<br>Alyssa<br>10:10 AM                          | *N'BALANCE<br>Betsy<br>11-12 PM<br><b>Begins Aug. 22</b> | Silver Sneakers<br>Classic®<br>Betsy 11-12 PM              | Chair Yoga<br>Betsy<br>11:10-Noon  |   |                                      |
| Silver Sneakers<br>Classic®<br>Katie 11-12 PM        | Track Workout<br>Kayla<br>5:30 PM<br><b>Begins 9/5</b>   | Silver Sneakers Cardio<br>Circuit®<br>Katie 12:10 PM       | Chair-Lesque Dance<br>Fitness<br>Alyssa<br>5:30-6:15 PM  |   |                                      |
| Silver Sneakers Cardio<br>Circuit®<br>Katie 12:10 PM | Z-Blast<br>Larry<br>7-8 PM                               | Bodypump™<br>Jen<br>4:30-5:30 PM                           | POUND™<br>Alyssa<br>6:20-6:50 PM   |   |                                      |
| WERQ™<br>Alyssa<br>6:15-7 PM                         |  | Power Yoga<br>Shannon<br>5:40-6:30 PM<br><b>BEGINS 9/6</b> | Z Blast<br>Amy/Larry<br>7-8 PM   |   |                                      |
| Yoga<br>Chris<br>7:10-8:10 PM                        |  |  |  | <b>SCHEDULES<br/>EFFECTIVE<br/>Aug. 14<sup>th</sup>-Oct. 1<sup>st</sup></b> |                                      |
|  |  |  | <b>SCHEDULES EFFECTIVE<br/>CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 4 CONSECUTIVE WEEKS<br/>WILL BE CANCELLED</b> |   |                                      |

## LAP POOL SCHEDULE

| Hours                   | Monday                                  | Tuesday                       | Wednesday              | Thursday  | Friday                                      | Saturday/Sunday   |
|-------------------------|---|-------------------------------|------------------------|---|---|---|
| 5-6 AM                  | Lap Swim                                | Lap Swim                      | Lap Swim               | Lap Swim  | Lap Swim                                    | <b>SCHEDULES EFFECTIVE<br/>Aug. 14<sup>th</sup>-Oct. 1<sup>st</sup></b> |
| 6-7 AM                  | Aqua Happy Hour<br>Bea                  | Aqua Happy Hour<br>Betsy      | Silver Splash<br>Betsy | Aqua Happy Hour<br>Betsy                          | Aqua Happy Hour<br>Bea                      |   |
| 7-8 AM                  | Lap Swim                                | Lap Swim                      | Lap Swim               | Lap Swim  | Lap Swim                                    | Lap Swim (Saturday)   |
|                         | Water In Motion™<br>Jen<br>8:30-9:25 AM | H2O Blast<br>Amy<br>8-8:45 AM |                        | Water In Motion<br>Platinum™<br>Jacqui<br>9-10 AM | Water In Motion™<br>Heather<br>8:30-9:25 AM | Z Blast<br>9:45-10:45 AM<br><b>Saturday Only</b>                        |
| 10-11 AM                |   |                               |                        | Z-Blast<br>Amy<br>10:15-11 AM                     |   | <u>Family Swim</u><br><b>Saturday</b><br>2:00-4 PM                      |
| 11:00-1:00<br>3:30-5 PM | Lap Swim                                | Lap Swim                      | Lap Swim               | Lap Swim  | Lap Swim                                    |   |
| 3:30-5 PM               | Lap Swim                                | Lap Swim                      | Lap Swim               | Lap Swim  | Lap Swim                                    | <u>Pool Parties</u><br>Sat. & Sun. 12:30-2PM<br>4-5:30PM                |
|                         |   | Z-Blast<br>Amy<br>7-7:55 PM   |                        |   | <u>Pool Parties</u><br>6-7:30 PM            |   |

## THERAPY POOL SCHEDULE

| Hours    | Monday                      | Tuesday                  | Wednesday                | Thursday                    | Friday                   |
|----------|-----------------------------|--------------------------|--------------------------|-----------------------------|--------------------------|
| 8-9 AM   | Water Arthritis<br>Cherie   |                          | Water Arthritis<br>Betsy |                             | Water Arthritis<br>Sydni |
| 9-10 AM  |                             | Water Tai Chi<br>Betsy   | Silver Splash<br>Betsy   | Water Tai Chi<br>Betsy      |                          |
| 10-11 AM | Joints In Motion<br>Lila    | Water Arthritis<br>Carol |                          | Joints in Motion<br>Debbie  |                          |
| 11- 3PM  | Adult Swim                  | Adult Swim               | Adult Swim               | Adult Swim                  | Adult Swim               |
| 6-7 PM   | Joints In Motion<br>Georgia |                          |                          | Joints In Motion<br>Georgia |                          |
| 7-8 PM   | Aqua-Fit<br>Georgia         |                          |                          | Aqua-Fit<br>Georgia         |                          |

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

**WATER IN MOTION:** Jump in and make a splash with this dynamic cardiovascular workout that tightens and tones the entire body. With land equivalent intensity, enjoy the pure fun of this awesome class!

**WATER IN MOTION PLATINUM:** a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.

**AQUA-FIT:** Builds muscle, increases aerobic fitness, improves flexibility and helps control weight.

**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.

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

**Z-BLAST:** A pool party workout for all ages. A class that is safe, effective and a challenging water based workout!

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

**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:** Tai chi that you perform in chest-to-neck deep water that combines the exercise of tai chi with the safety of water exercise. A great mental, balance and low impact workout.

**H2O POWER:** This class focuses on speed, power & strength circuits for an intense & dynamic water workout.

**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!

**AB LAB**- A speedy class packed with plenty of exercises to BLAST your core into shape!

**BASIC STEP**-Simple step choreography makes this class ideal for those people new to step, but also gives regulars the option to kick up the intensity without complicated step patterns.

**PROGRESSIVE STEP**-More advanced step patterns to challenge experienced steppers for an awesome cardio workout!

**TRACK WORKOUT**-Meet at the Don Snyders Sports Complex (Illini Middle School) for an outdoor workout utilizing the track and bleachers for a total body conditioning workout. Class will be held at the Wellness Center due to rain or severe heat.

**UPPER/LOWER BODY CIRCUIT**-Specific training for either the upper or lower body in 30-minutes. If you work upper on Tuesday, you'll work lower on Thursday giving more focused training on each area. See schedule outside of aerobics room for the rotation.

**KICKBOXING**-Fusion of boxing and aerobics done rhythmically to music. Intense cross training and total body conditioning in one class.

**MORNING STRETCH**-A blend of stretching, balance & breathing to prepare your body for the day.

**INDOOR CYCLING**- Take a 40-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.

**STRENGTH/CARDIO CIRCUIT**- This class offers toning and high intensity cardio intervals designed to make you sweat with the benefit of getting your cardio burn and full body sculpting in one power hour.

**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.

**POWER YOGA**- Prepare to work hard and work up a sweat! Set to energizing popular music, this class will strengthen, balance & detoxify the body, mind & spirit. The flow will vary each class, incorporating weights & cardio intervals to get you moving, breathing & sweating regardless of age, strength or flexibility level. This is not your traditional yoga class.

**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.

**\*\*\*TAI CHI FOR ARTHRITIS** This program was designed by the Arthritis Foundation specifically for those with arthritis, but is appropriate for all individuals. It consists of fluid, gentle, graceful and circular movements that are relaxed and slow in tempo. The class integrates the mind & body as well as strengthens and mobilizes joints and muscles, improving physical fitness and mental relaxation.

**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!

**WERQ**- Check out this fiercely fun fitness dance class based on pop, rock and hip hop!

**POUND**-Sweat, sculpt & rock your body with the world's first cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums.

**CHAIR-LESQUE DANCE FITNESS**- burlesque and cabaret inspired dance fitness workout using a chair. Set to a slower pace than most dance fitness programs, Chair-Lesque Dance Fitness focuses more on flexibility and toning while feeling sexy, flirty and empowered!

**\*N-BALANCE**-Registration required!

**F.I.T-** The ultimate circuit training workout to help you burn fat, boost metabolism, increase strength, agility and overall conditioning. (Advanced)

**CHI GONG TAI CHI-**This class will promote energy, relaxation, focus and balance. (All levels)

**CXWorx-** Power up your core! 30-minute personal training style class based on rigorous scientific research that provides core strength by targeting all muscle groups from your core. \*not recommended for anyone with osteoporosis, osteopenia, back pain or in third trimester of pregnancy.

**50'S/60'S SWING & SCULPT:** A fun 45-minute of movement and muscle work for all levels of fitness.