

LAND AEROBICS SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Bodypump™ Tom 5:15-6:15 AM	Cardio/Strength Circuit Courtney S. 5:15-6 AM	Bodypump Express™ Kayla 5:15-6 AM	Total Core Courtney M. 5:15-5:45 AM	Dawn's Happy Hour Dawn 5:30-6:15 AM	Cycling Marilyn 7:30-8:15 AM
Morning Stretch Katie 6:30-7AM	Yoga Betsy 7:15-8:15 AM	Ab Lab Kayla 6-6:15 AM	Total Body HIIT Courtney M. 5:50-6:20 AM	Morning Stretch Katie 6:30-7AM	Z Blast Amy/Larry 8:30-9:30 AM
Silver Sneakers Circuit® Katie 7-8 AM	Upper/Lower Body Circuit Courtney M. 8:25-8:55 AM	Tai Chi Betsy 7-7:50 AM	Yoga Betsy 7:15-8:15 AM	Silver Sneakers Circuit® Katie 7-8 AM	
Stretch Karen 8-8:20 AM	Z Blast Amy/Larry 9-10 AM	Kickboxing/ Cardio Strength Circuit Jen/Karen 8:30-9:15 AM	Upper/Lower Body Circuit Amy 8:25-8:55 AM	Stretch Karen 8-8:20 AM	
Basic Step Karen 8:25-8:55 AM	Yoga Betsy 10-11 AM	WERQ™ Alyssa 9:30-10:15 AM	Z Blast Amy/Larry 9-10 AM	Progressive Step Karen 8:25-8:55 AM	
Bodypump™ Alicia/Lisa 9-10 AM	Chair Yoga Betsy 11:10-Noon	Silver Sneakers Classic® Betsy 11-12 PM	Yoga Betsy 10-11 AM	Bodypump™ Alicia/Nikki 9-10 AM	
WERQ™ Alyssa 10:10 AM	Lower Body Circuit Kayla 5:15-5:45 PM	Silver Sneakers Cardio Circuit® Katie 12:10 PM	Chair Yoga Betsy 11:10-Noon		
Silver Sneakers Classic® Katie 11-12 PM	Cardio Circuit Sara 6-6:45 PM	Bodypump™ Jen 4:30-5:30 PM	Upper Body Circuit Dawn 5:15-5:45 PM		
Silver Sneakers Cardio Circuit® Katie 12:10 PM	Z-Blast Larry 7-8 PM	Power Yoga Shannon 5:40-6:20 PM	Indoor Cycling Express Sara 6-6:30 PM		
Total Body HIIT Courtney M. 4:45-5:15 PM		Cycling Circuit Marilyn 6:30-7:15 PM	Z Blast Amy/Larry 7-8 PM		
Total Core Courtney M. 5:20-5:50 PM				SCHEDULES EFFECTIVE Jan. 2nd – Feb. 4th	
WERQ™ Alyssa 6:15-7 PM					
Yoga Chris 7:10-8:10 PM			SCHEDULES EFFECTIVE CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 4 CONSECUTIVE WEEKS WILL BE CANCELLED		

LAP POOL SCHEDULE @ JCH Wellness Center

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
5-6 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	SCHEDULES EFFECTIVE Jan. 2nd – Feb. 4th
6-7 AM	Aqua Happy Hour Bea	Aqua Happy Hour Betsy	Silver Splash Betsy	Aqua Happy Hour Betsy	Aqua Happy Hour Bea	
7-8 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim (Saturday)
	Water In Motion™ Jen 8:30-9:25 AM	Making Waves Strength & Toning Jacqui 9-10 AM		Water In Motion Platinum™ Jacqui 9-10 AM	Water In Motion™ Heather 8:30-9:25 AM	Z Blast 9:45-10:45 AM Saturday Only
10-11 AM		Aqua Boxing Amy 10:15-11 AM				FAMILY SWIM Sat. & Sun. 3-4 PM
11:00-1:00 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> Sat. & Sun. 1:30-3PM 4-5:30PM
				Z-Blast Amy 7-7:55 PM	<u>Pool Parties</u> 6-7:30 PM	

Therapy Pool Schedule @ JCH Wellness Center

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday
8-9 AM	Water Arthritis Cherie		Water Arthritis Betsy		Water Arthritis Sydni
9-10 AM		Water Tai Chi Betsy	Silver Splash Betsy	Water Tai Chi Betsy	
10-11 AM	Joints In Motion Lila	Water Arthritis Carol		Joints in Motion Debbie	
11- 3PM	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.

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.

MAKING WAVES: A fun 45-minute of movement and muscle work using noodles & water buoys for all levels of fitness.

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 & TOTAL CORE- These dynamic classes are 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!

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!

DAWN'S HAPPY HOUR-End your week with a fun circuit workout for all levels.

CARDIO CIRCUIT-A total body workout for all levels.

TOTAL BODY HIIT- The ultimate circuit training workout to help you burn fat, boost metabolism, increase strength, agility and overall conditioning. (Advanced)

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.

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

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.

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!