

LAND AEROBICS SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bodypump™ Tom 5:15-6:15 AM	HIIT Nikki/Jen 5:15-5:45 AM	Bodypump™ Nikki 5:15-6:15 AM	Cardio/Strength Circuit Courtney S. 5:15-6 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	Tai Chi Betsy 7-7:50 AM	Yoga Betsy 7:15-8:15 AM	Morning Stretch Katie 6:30-7AM	Z-Blast Amy & Larry 8:30-9:30 AM 11/3 & 11/10
Silver Sneakers Circuit® Katie 7-8 AM	CXWorx™ Nikki 8:25-8:55 AM	Cardio Strength Circuit Karen 8:30-9:15 AM	Progressive Step Karen 8:25-8:55 AM	Silver Sneakers Circuit® Katie 7-8 AM	
Step Karen 8:25-8:55 AM	Z-Blast 11/6 & 11/13 Kickbox begins 11/20 Jen 9-9:45 AM	WERQ™ Alyssa 9:30-10:15 AM	Z-Blast 11/5 & 11/15 Bodysculpting begins 11/22 Jen 9-9:45 AM	Bodypump Express™ Alicia 8:45-9:30 AM	SCHEDULES EFFECTIVE Nov. 5 th – Dec. 16 th
Bodypump™ Alicia 9-10 AM	Yoga Betsy 10-11 AM	Senior Nordic Walk Betsy 9:30-10:30 AM	Yoga Betsy 10-11 AM	CXWorx™ Nikki 9:35-10:05 AM	Check out a Virtual class! Your class, your time!
	Chair Yoga Betsy 11:10-Noon	Silver Sneakers Classic® Betsy 11-12 PM	Chair Yoga Betsy 11:10-Noon		
Silver Sneakers Classic® Katie 11-12 PM		Silver Sneakers Cardio Circuit® Katie 12-1 PM	Bodypump™ Nikki 4:30 PM		
Silver Sneakers Cardio Circuit® Katie 12-1 PM	Try a Virtual class! Choose the class, choose the time!	Cardio Strength Circuit/Kickboxing Jen 4:30-5:15 PM	Intro Tai Chi Margie 6-6:45 PM *Registration Required*		
WERQ™ Alyssa 6:15-7 PM		Yoga Shannon 5:20-6 PM			Check out a Les Mills Virtual class anytime there are no scheduled classes in the room.
Yoga Chris 7:10-8:10 PM	Z-Blast Larry 7-8 PM 11/6 & 11/13		Z-Blast Amy & Larry 7-8 PM 11/8 & 11/15		BodyPump, RPM, CXWorx, GRIT, Sh'Bam, BodyCombat, BodyFlow , Born 2 Move
		Check out a Virtual class! Your class, your time!	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
4:30-6 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	SCHEDULES EFFECTIVE Nov. 5 th -Dec. 16 th
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	Aqua Fit Jacqui 9-10 AM	Water In Motion™ Nikki 8:30-9:25 AM	Aqua Fit Jacqui 9-10 AM	Water In Motion™ Nikki 8:30-9:25 AM	FAMILY SWIM Sat. & Sun. 3-4 PM
11AM-1PM	Lap Swim 11AM-1PM	Lap Swim 11AM-1PM	Lap Swim 11AM-1PM	Lap Swim 11AM-1PM	Lap Swim 11AM-1PM	
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
5:05-6:30 PM		Swim Lessons 10/23-11/15		Swim Lessons 10/23-11/15		
		Aqua Z-Blast Amy 7-8 PM 11/6 & 11/13				

THErapy POOL SCHEDULE @ JCH Wellness Center

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday
8-9 AM	Water Arthritis Cherie				Water Arthritis Kathy
9-10 AM		Water Tai Chi Betsy	Water Walking Betsy 8:30-9:15 AM	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
4:30-5 PM		SWIM LESSONS 10/23-11/15		SWIM LESSONS 10/23-11/15	
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!

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.

AQUA BOXING: Kick, punch and jump your way into shape with this super fun class filled with cardio, strength & conditioning drills.

H2O POWER: Be ready to work hard with a variety of intervals and stations to blast calories and tone and strengthen your body!

WATER WALKING: Take away the impact of gravity and allow joints optimal flexing, which can improve range of motion. If you are new to exercise or can't swim, don't worry. Aquatic walking classes are designed for anyone, including non-swimmers.

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!

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.

TOTAL BODY CIRCUIT-Total body blast in 30-minutes.

HIIT-A 25-minute rigorous interval training sequence with high intensity exercises to build cardiovascular endurance as well as muscular strength & endurance.

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

SENIOR NORDIC WALKING: An outdoor walk using the Nordic poles geared towards the senior population or anyone needing to walk at a more casual pace.

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 awesome class.

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.

*****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!

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

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

STRETCH & GO-Basic stretching methods and use of the foam rollers to help improve range of motion, flexibility and relieve muscle soreness from your workouts.



LES MILLS VIRTUAL: Experience the world's leading fitness programs and the hottest instructors on the big screen. Classes marked with  are virtual classes. You can also take the virtual class of your choice anytime there are no schedule classes in the room. See staff for assistance. SH'BAM (dance), RPM (cycling), CXWorx (core), BodyFlow (yoga/pilates), BodyCombat (kickboxing), BodyPump (strength), GRIT (HIIT)

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

CXWORX is an intense 30-minute core-**training** workout designed to tighten and tone your midsection in the shortest amount of time possible. The class utilises your body weight, free weights, and resistance tubing to challenge your balance, coordination and improve your functional strength.

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.