

# LAND AEROBICS SCHEDULE @ JCH Wellness Center

618.498.3500

www.jch.org

| Monday  | Tuesday                                     | Wednesday  | Thursday   | Friday   | Saturday   |
|---|---|--|--|--|--|
| Bodypump™<br>Kayla<br>5-6 AM                        | HIIT<br>Nikki<br>5:15-5:45 AM               | Bodypump™<br>Tom<br>5:15-6:15 AM                             | Cardio/Strength<br>Circuit<br>Courtney S.<br>5:15-6 AM   |  CXWorx<br>4:45-5:15 AM | Cycling<br>Marilyn<br>7:30-8:15 AM   |
| Silver Sneakers<br>Circuit®<br>Katie 7-8 AM         | Yoga<br>Betsy<br>7:15-8:15 AM               | Tai Chi<br>Betsy<br>7-7:50 AM                                | Yoga<br>Betsy<br>7:15-8:15 AM  | Dawn's Happy Hour<br>Dawn<br>5:30-6:15 AM  | Z-Blast<br>Amy & Larry<br>8:30-9:15 AM   |
| Step<br>Karen<br>8:25-8:55 AM                       | CXWorx™<br>Nikki<br>8:25-8:55 AM            | Cardio Strength Circuit<br>Karen<br>8:30-9:15 AM             | Progressive Step<br>Karen<br>8:25-8:55 AM  | Silver Sneakers<br>Circuit®<br>Katie 7-8 AM<br>Begins 1/11   |  |
| Bodypump™<br>Alicia<br>9-10 AM                      | Z-Blast<br>Amy & Larry<br>9-9:45 AM         | WERQ™<br>Alyssa<br>9:30-10:15 AM                             | Z-Blast<br>Amy & Larry<br>9-9:45 AM  | BodySculpting<br>Jen & Alicia<br>8:45-9:30 AM  | <b>SCHEDULES EFFECTIVE</b><br>January 2 <sup>nd</sup> -March 3 <sup>rd</sup>                     |
| Silver Sneakers<br>Classic®<br>Katie 11-12 PM       | Yoga<br>Betsy<br>10-11 AM                   | Senior Nordic Walk<br>Betsy<br>9:30-10:30 AM                 | Yoga<br>Betsy<br>10-11 AM  | CXWorx™<br>Nikki<br>9:35-10:05 AM  | <b>Check out a Virtual class!</b><br><b>Your class, your time!</b>                               |
| Silver Sneakers Cardio<br>Circuit®<br>Katie 12-1 PM | Chair Yoga<br>Betsy<br>11:10-Noon           | Silver Sneakers<br>Classic®<br>Betsy 11-12 PM                | Chair Yoga<br>Betsy<br>11:10-Noon  | Toddler Time<br>10:15-11AM<br>1/11 & 1/25  |  |
| WERQ™<br>Alyssa<br>6:15-7 PM                        | Ab Lab<br>Nikki<br>5-5:25PM                 | Silver Sneakers Cardio<br>Circuit®<br>Katie 12-1 PM          | Bodypump™<br>Nikki<br>4:30 PM  |  |  |
| Yoga<br>Chris<br>7:10-8:10 PM                       | Cardio Combo<br>Sara Norman<br>5:30-6:15 PM | Cardio Strength<br>Circuit/Kickboxing<br>Jen<br>4:30-5:15 PM | Intro Tai Chi<br>Margie<br>6-6:45 PM<br><b>*Registration Required*</b>   |  | Check out a Les Mills Virtual<br>class anytime there are no<br>scheduled classes in the<br>room. |
|   |   | Yoga<br>Shannon<br>5:20-6 PM                                 | Z-Blast<br>Amy & Larry<br>7-7:45 PM  |  | BodyPump, RPM, CXWorx,<br>GRIT, Sh'Bam, BodyCombat,<br>BodyFlow , Born 2 Move                    |
|   |   |  | <b>SCHEDULES EFFECTIVE</b><br><b>CLASSES WITH LESS THAN 4 PARTICIPANTS FOR 4 CONSECUTIVE WEEKS WILL</b><br><b>BE CANCELLED</b> |  |  |

# 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                                  | <b>SCHEDULES EFFECTIVE</b><br>January 2 <sup>nd</sup> -March 3 <sup>rd</sup> |
| 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                    | Lap Swim<br>7-8 AM   |
| 7-8 AM       | Lap Swim                                | Lap Swim                      | Lap Swim                                  | Lap Swim                      | Lap Swim                                  | Water In Motion™<br>Heather<br>8:30-9:25 AM                                  |
|              | Water In Motion™<br>Jen<br>8:30-9:25 AM | Aqua Fit<br>Jacqui<br>9-10 AM | Water In Motion™<br>Nikki<br>8:30-9:25 AM | Aqua Fit<br>Jacqui<br>9-10 AM | Water In Motion™<br>Nikki<br>8:30-9:25 AM | H2O Power<br>Amy<br>9:30-10:15 AM  |
| 10-10:45 AM  |   | Aqua Boxing<br>Amy            |   | H2O Power<br>Amy              |   |  |
| 11AM-1PM     | Lap Swim                                | Lap Swim                      | Lap Swim                                  | Lap Swim                      | Lap Swim                                  | <b>FAMILY SWIM</b><br>Sat. & Sun. 3-4 PM                                     |
| 3:30-5 PM    | Lap Swim                                | Lap Swim                      | Lap Swim                                  | Lap Swim                      | Lap Swim                                  | <b>POOL PARTIES</b><br>Fri. 6-7:30PM<br>Sat. & Sun. 1:30-3PM<br>4-5:30PM     |
| 5:05-6:30 PM |   | Swim Lessons<br>1/15-2/7      |   | Swim Lessons<br>1/15-2/7      |   |  |
| 6:30-7:15PM  |   | Water In Motion™<br>Nikki     |   | Aqua Blast<br>Amy             |   |  |

# Therapy Pool Schedule @ JCH Wellness Center

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| Hours       | Monday                      | Tuesday                  | Wednesday                              | Thursday                    | Friday                      |
|-------------|-----------------------------|--------------------------|--|-----------------------------|-----------------------------|
| 8-9 AM      | Water Arthritis<br>Cherie   |                          |  |                             | Water Arthritis<br>Kathy    |
| 9-10 AM     |                             | Water Tai Chi<br>Betsy   | Water Walking<br>Betsy<br>8:30-9:15 AM | Water Tai Chi<br>Betsy      | Toddler Time<br>10:15-11 AM |
| 10-11 AM    | Joints In Motion<br>Lila    | Water Arthritis<br>Carol | Aqua Tone<br>Jacqui<br>9:20-10:15 AM   | Joints in Motion<br>Debbie  |                             |
| 10:15-11 AM |                             |                          |  | Toddler Time<br>1/4 & 1/18  |                             |
| 11- 3PM     | Adult Swim                  | Adult Swim               | Adult Swim                             | Adult Swim                  | Adult Swim                  |
| 4-5 PM      |                             | SWIM LESSONS<br>1/15-2/7 |  | SWIM LESSONS<br>1/15-2/7    |                             |
| 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!

**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.

**AQUA TONE:** Firm, strengthen & tone while listening to hits from the decades!



**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!

**CXWORX**-

**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**-Taking step to the next level in this advanced step class.

**BODYSULPTING**-Use a variety of equipment to strengthen & tone the entire body in this low-impact total body class!

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

**CARDIO COMBO**: Cardio & toning all in one class! Half of the class designated for cardio conditioning and the rest of the class focuses on toning the body using a variety of equipment: dumbbells, bands, balls, etc.

**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.

**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 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.

**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. You never know what surprises Dawn will have for you!

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

**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)

