

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	Bodypump™ Tom 8:30-9:10 AM	Total Body Circuit Kayla 5-5:30 AM	Z-Blast Larry & Amy 8:30-9:15 AM	
Silver Sneakers Circuit® Katie 6:30-7:15 AM	Wake Up Walk Katie 7-7:45 AM	Silver Sneakers Circuit® Katie 6:30-7:15 AM	Walking Group Jacqui 9:15-10 AM	Ab Lab Kayla 5:30-5:45 AM		
Cardio Circuit Jen/Alyssa 8:30-9:05 AM	Total Body Circuit Christin 8:30-9:15 AM	WERQ Alyssa 8:30-9:15 AM	Yoga Betsy 9:15-10:15 AM	Silver Sneakers Circuit® Katie 6:30-7:15 AM		
Silver Sneakers Circuit® Katie 10-10:45 AM	Yoga Betsy 10-11 AM	Ab Lab Alyssa 9:20-9:30 AM	Chair Yoga Betsy 10:30-11:30 AM	Silver Sneakers Circuit®/Wake Up Walk Katie 7:30-8:15 AM		SCHEDULES EFFECTIVE Nov. 4th-Dec. 22nd
Silver Sneakers Classic Katie 11-11:45 AM	Tai Chi Betsy 11-11:45 AM No class 11/19	Silver Sneakers Circuit® Katie 10-10:45 AM	Chair Yoga Kim 1-2 PM	Total Body Circuit Alyssa 8:30-9:15 AM		
Outdoor Circuit Kayla 5-5:30 PM *Lion's Club Park	Chair Yoga Kim 1-2 PM	Silver Sneakers Classic Katie 11-11:45 AM	Cardio Circuit Erica 5-5:30 PM			
Outdoor Power Walk 5:30-6 PM *Lion's Club Park	Butts & Guts Erica 4:30-5:05 PM	Intro Tai Chi Margie 1-2 PM Registration required	Yoga Tiffany 6-7 PM			
Yoga Kim 6-6:50 PM	Z-Blast Amy & Larry 7-7:45 PM	Tai Chi Refresher Margie 2-3 PM Registration required				
Tai Chi Margie 7-8 PM		Total Body Circuit Jen 4:30-5:05 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

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
6-7 AM	Aqua Happy Hour Bea	Silver Sneakers Splash Betsy				
7-8 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
	Aqua Fit Christin 8:10-9 AM	Aqua Jog & Strength Peg 9-10 AM	Aqua Fit Nancy 8-9 AM	Aqua Fit Nancy 8-9 AM	Aqua Fit Nancy 8-9 AM	
		Aqua Aerobics Peg 10-10:30 AM		Water In Motion Heather 9-10 AM		
11AM-1PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Parties 11-3 PM
			SWIM LESSONS 1:30-3 PM Ends Nov. 6th			
3-5 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	

Checkout the JCH Wellness Center Facebook page for daily class line-up and schedule changes.

THERAPY POOL SCHEDULE @ JCH Wellness Center

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	Water Yoga Kim 8-8:50 AM	Water Yoga Kim 8-8:50 AM			Water Walking Kim 8:15-8:55 AM	SCHEDULES EFFECTIVE Nov. 4 th -Dec. 22 nd
	AquaFit Jacqui 9-9:50 AM	Water Tai Chi Betsy 9-9:50 AM	AquaFit Jacqui 9-9:50 AM	Water Arthritis Kathy 9-9:50 AM	Water Yoga Kim 9-9:50 AM	
	Joints In Motion Lila 10-10:50 AM	Joints In Motion Carol 10-10:50 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	
	Adult Swim 11-3 PM	Adult Swim 11-3 PM	Adult Swim 11-3 PM	Adult Swim 11-3 PM	Adult Swim 11-3 PM	
	Joints In Motion Georgia 6-7 PM		SWIM LESSONS 3:15-5:45 PM Ends Nov. 6th	Joints In Motion Georgia 6-7 PM		
	Aqua Fit Georgia 7-8 PM			Aqua Fit Georgia 7-8 PM		

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

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

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

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

MAKING WAVES: A fun class to work muscles & joints for head to toe fitness.

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.

SILVER SNEAKERS SPLASH: Specially designed board for arthritis. Great for shoulders, arms, hips, hands and knees.

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

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.

SWIM LESSONS: Pool is reserved for swim lessons. No one else is allowed in the pool during this time.

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!

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!

CORE STRENGTH & STRETCH: This class combines basic Pilates & yoga movements that will flow to improve balance, flexibility and core strength.

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

BUTTS & GUTS: A quick class to target the most stubborn areas.

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

WAKE UP WALK: Outdoor walking group is a great way to exercise and socialize! Enjoy all the benefits of walking as well as a proper warmup, cooldown and stretching and possibly some bonus exercises added in! FREE to non-members!

WALKING GROUP: Meet in the front lobby and be ready to hit the pavement and get your steps in! If you like to use the Nordic Walking Poles they will be available. FREE to non-members!

OUTDOOR CIRCUIT & OUTDOOR POWER WALK: FREE to non-members and located at Lion's Club Park Fitness Court 601 N. Jefferson St., Jerseyville. Class will be moved to the Wellness Center if weather doesn't cooperate.

TAI CHI: Gentle form of exercise that involves slow, fluid movements that help with muscular strength, flexibility, balance and creates harmony between the body & mind. Monday 7pm & Tuesday 11am are drop in classes for all levels. No registration required.

INTRO TAI CHI: 7-week session focused on the basic forms of Tai Chi for Arthritis & Fall Prevention. Registration required at the front desk.

TAI CHI REFRESHER: 7-week session of Tai Chi for Arthritis Fall Prevention for those who have already completed an intro session. Registration required at the front desk.

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