


# 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	Thursday Mix Up Jen 5-5:30 AM <i>*see back for schedule</i>	Total Body Circuit Kayla 5-5:30 AM	Total Body Strength Karen 7:30-7:45 AM	
Silver Sneakers Circuit® Katie 7-8 AM	Cardio Circuit Jen 8:30-9:05 AM	Silver Sneakers Circuit® Katie 7-8 AM	Full Body Stretch Jen 5:30-5:50 AM	Ab Lab Kayla 5:30-5:45 AM	Z-Blast Larry & Amy 8:30-9:15 AM	
BodySculpt Jen 8:30-9:10 AM	All About the Core Jen 9:10-9:40 AM	Cardio/Strength Circuit Alyssa 8:30-9:15 AM	Bodypump™ Tom 8:30-9:10 AM	Silver Sneakers Circuit® Katie 7-8 AM		
Full Body Stretch Jen 9:15-9:35 AM	Yoga Betsy 10-11 AM	Silver Sneakers Circuit® Katie 10-10:45 AM	Yoga Betsy 9:15-10:15 AM	Total Body Circuit Alyssa 8:30-9:15 AM		<b>SCHEDULES EFFECTIVE Feb. 3<sup>rd</sup>-March 2<sup>nd</sup></b>
Silver Sneakers Circuit® Katie 10-10:45 AM	Tai Chi Betsy 11-11:45 AM	Silver Sneakers Classic Katie 11-11:45 AM	Chair Yoga Betsy 10:30-11:30 AM			
Silver Sneakers Classic Katie 11-11:45 AM	Chair Yoga Kim 1-2 PM	Tai Chi for Arthritis/Fall Prevention Margie 1-2 PM <b>Registration required</b>	Chair Yoga Kim 1-2 PM			
Cardio/Strength Circuit Kayla 5-5:30 PM	Upper Body Strength Erica 4:30-5:05 PM	Tai Chi Refresher Margie 2-3 PM <b>Registration required</b>	Lower Body Strength Erica 4:30-5 PM			
Indoor Cycling Kayla 5:30-5:50 PM	Intro Tai Chi Margie 6-6:45 PM <b>Registration required</b>	Cardio Circuit Jen 4:30-5 PM	Yoga Tiffany 6-7 PM			
Yoga Kim 6-6:50 PM	Z-Blast Amy & Larry 7-7:45 PM	All About the Core Jen 5:05-5:30 PM				
Tai Chi Margie 7-8 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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[www.jch.org](http://www.jch.org)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 4:30-7 AM	Open Swim 4:30-7 AM	Open Swim 4:30-7 AM	Open Swim 4:30-7 AM	Open Swim 4:30-7 AM	Open Swim 7-11 AM	Open Swim 10-11 AM
Lap Swim 7-8 AM	Lap Swim 7-8 AM	Lap Swim 7-8 AM	Lap Swim 7-8 AM	Lap Swim 7-8 AM	Pool Parties 11AM-3PM	Pool Parties 11-3 PM
Water In Motion Heather 8-9 AM	AquaFit Kim 9-10 AM	Aqua Jog & Strength Peg 9-10 AM	Fun with Noodles Jacqui 9-10 AM	AquaFit Kim 8-9 AM <b>Begins 1/17</b>	Open Swim 3-3:45 PM	Open Swim 3-3:45 PM
Open Swim 9-11 AM	Open Swim 10-11 AM	Aqua Movement Peg 10-10:30 AM	Open Swim 10-11 AM	Open Swim 9-11 AM		
Lap Swim 11AM-1PM	Lap Swim 11AM-1PM	Lap Swim 11AM-1PM	Lap Swim 11AM-1PM	Lap Swim 11AM-1PM		
Open Swim 1-3 PM	Open Swim 1-3 PM	Open Swim 1-3 PM	Open Swim 1-3 PM	Open Swim 1-3 PM		
Lap Swim 3-5 PM	Lap Swim 3-5 PM	Lap Swim 3-5 PM	Lap Swim 3-5 PM	Lap Swim 3-5 PM		
Open Swim 5-8:45 PM	Open Swim 5-8:45 PM	Open Swim 5-8:45 PM	Open Swim 5-8:45 PM	Open Swim 5-7:45 PM		

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

**Lifeguard trainings will be scheduled so please call 498-3500 to check on any pool closings.**

THERAPY POOL SCHEDULE @ JCH Wellness Center 618.498.3500						
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	Open Swim 4:30-8 AM	Open Swim 4:30-8 AM	Open Swim 4:30-9 AM	Open Swim 4:30-9 AM	Open Swim 4:30-9 AM	
	Water Yoga Kim 8-8:50 AM	Water Yoga Kim 8-8:50 AM				<b>SCHEDULES EFFECTIVE</b> Jan. 6 <sup>th</sup> -March 2 <sup>nd</sup>
	Focus & Fit Jacqui 9-9:50 AM	Water Tai Chi Betsy 9-9:50 AM	Focus & Fit Jacqui 9-9:50 AM	Water Arthritis Kathy 9-9:50 AM	Water Yoga Kim 9-9:50 AM <b>Begins 1/17</b>	Saturday Open Swim 7AM-3:45PM
	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	Sunday Open Swim 10AM-3:45 PM
	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	
	Open Swim 3-6 PM	Open Swim 3-8:45 PM	Open Swim 3-8:45 PM	Open Swim 3-6 PM	Open Swim 3-7:45 PM	
	Joints In Motion Georgia 6-7 PM			Joints In Motion Georgia 6-7 PM		
	Aqua Fit Georgia 7-8 PM			Aqua Fit Georgia 7-8 PM		

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

**FOCUS & FIT:** Each class will target a specific muscle group and focus on specific exercises to target that area.

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

**OPEN SWIM:** Must be 16 years or older to swim alone. An adult at least 18 must be in the pool area supervising anyone younger than 16.

**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:** 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.

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

**AQUA MOVEMENT:** A quick workout that incorporates balance, stretch, walking and relaxation.

**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.

**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!

**BODYSULPT**-A total body workout using light weights, bodyweight and high reps. Balance, strength & flexibility come together through functional exercises.

**ALL ABOUT THE CORE**: Pilates based exercises that focus on improving all over core strength.

**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!

**FULL BODY STRETCH**: Unlock stiffness, improve posture, and increase flexibility and range of motion in this **feel-good**, full body stretch class.

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

**UPPER BODY STRENGTH**: A quick class to targeting the upper body!

**LOWER BODY STRENGTH**: A quick class to target the lower body!

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

**TAI CHI FOR ARTHRITIS & FALL PREVENTION**: 8-week session suitable for all levels. Registration required at the front desk.

**INTRO TAI CHI**: 8-week session for beginners focused on the basic forms of Tai Chi for Arthritis & Fall Prevention. Registration required at the front desk.

**TAI CHI REFRESHER**: 8-week session of Tai Chi for those who have already completed an intro session. Registration required at the front desk.

**THURSDAY MIX-UP**: 1/9: Cardio Circuit, 1/16: Total Body Circuit, 1/23: Cardio Circuit, 1/30: Total Body Circuit, 2/6: Cardio Circuit, 2/13: Total Body Circuit, 2/20: Cardio Circuit, 2/27: Total Body Circuit

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