



Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING					
5:30 a.m.	Morning Rush		Morning Rush		Morning Rush
6:00 a.m.		GROUP POWER		GROUP POWER	
6:15 a.m.	Morning Rush		Morning Rush		Morning Rush
8:30 a.m.	Group Centergy	GROUP POWER	Group Centergy	GROUP POWER	
9:45 a.m.	<u>Silver Sneakers</u> Smooth Moves	<u>Silver Sneakers</u> Classic	<u>Silver Sneakers</u> Classic/Smooth Moves Combo	<u>Silver Sneakers</u> Classic	<u>Silver Sneakers</u> Smooth Moves
10:45 a.m.	<u>Silver Sneakers</u> SPLASH		<u>Silver Sneakers</u> SPLASH		<u>Silver Sneakers</u> SPLASH
12:00 p.m.		GROUP POWER		GROUP POWER	
12:15 p.m.	Group Centergy		Group Centergy		
EVENING					
5:00 p.m.	Group Centergy	GROUP POWER		GROUP POWER	
6:30 p.m.					

Contact Information

Silver Sneakers: Jan Whitmore (479)-549-7974
 Group Power & Group Centergy: Rita Lamphear (479)-549-8110
 Morning Rush: Brittany Ladner bladner@jbu.edu (479) 524-7302



Class Prices

Group Power 1-hour class*-

- \$2 per class for JBU students
- \$3 per class for JBU employees and WLHC members
- \$4 per class for community members

Group Power 45 min noon class*-

- \$1 per class paid directly to instructor

Group Centergy*-

- 1 Hour Classes:
 - \$2 per class for JBU students**
 - \$3 per class for JBU employees and WLHC members**
 - \$4 per class for community members**
- 45 Minute Noon Classes:
 - \$1 per class paid directly to the instructor

**Price based on purchase of a multi-session card. Cards can be purchased from the instructor for 4, 6, 8, 12, or 16 sessions. Cards expire 30 days from the date of purchase. One-hour classes are \$5 per class without a multi-session card.*

Morning Rush-

Cost will vary based on the number of classes per session. Advance registration is required. Entire session fee must be paid to the instructor on the first day of class. Morning Rush classes offered in 6-8-week sessions. Two Classes: 5:30 & 6:15 AM offered in Fall & Spring. One class at 6:00 AM offered over the Summer. Please check jbu.edu/wlhc for current sessions.

- \$2 per class for JBU students
- \$3 per class for JBU employees and WLHC members
- \$4 per class for community members