



# Fitness Class Schedule

Updated 11/2/20

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING</b>					
5:30 a.m.					
6:00 a.m.	Morning Rush	<b>GROUP POWER</b>	Morning Rush	<b>GROUP POWER</b>	Morning Rush
6:15 a.m.					
8:20 a.m.	<b>Group Centergy</b>	<b>GROUP POWER</b>	<b>Group Centergy</b>	<b>GROUP POWER</b>	
8:30 a.m.		Morning Glory		Morning Glory	
9:35 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.	<b>Group Centergy</b>	<b>GROUP POWER</b>	<b>Group Centergy</b>	<b>GROUP POWER</b>	<b>GROUP POWER</b>
<b>EVENING</b>					
5:00 p.m.	<b>Group Centergy</b>	<b>GROUP POWER</b>		<b>GROUP POWER</b>	
6:30 p.m.					

*\*Morning Rush & Morning Glory classes offered in 6-8 week sessions. Please check [jbu.edu/wlhc](http://jbu.edu/wlhc) for current sessions.*

Questions: For Silver Sneakers classes, contact Jan Whitmore (479-549-7974). For Group Power and Group Centergy classes, contact Rita Lamphear (479-549-8110). For Morning Glory classes, contact Rosa Christians (479-220-0711). For Morning Rush classes, contact Brittany Ladner (228-342-7150).



### **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 Glory-**

Cost will vary based on the number of classes per session. Advance registration with payment is required.

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

### **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.

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

### **Aqua Aerobics- Currently unavailable; please check in for possible future dates.**

\$3 per class paid directly to the instructor