

AQUATIC EXERCISE SCHEDULE

**** Updated Fall ****

September 7— January 2, 2022

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR
5:30	WAVES*	NL	Coach	5:30	WAVES*	7L	Coach	5:30	WAVES*	NL	Coach	8:30	Dynamic Deep	7DL	Fran	5:30	WAVES*	7L	Coach	7:30	WAVES*	7L	Coach
6:30	WAVES*	NL	Coach		(begins 11/1)			6:30	WAVES*	NL	Coach					6:30	WAVES*	7L	Coach	7:30	WAVES*	NL	Coach
8:30	Dynamic Deep	7DL	Kim	8:30	Aquatonic	7LT	Kim	8:45	MS*	NL	Hollie	8:00	Stroke Clinic*	NL	Alice					9:00	Aqua Bootcamp	7LD	Kim
9:00	Aqua HIIT	NL	Georgia	8:45	MS*	NL	Hollie	9:00	Stroke Clinic*	NL	Alice	8:45	MS*	NL	Kim	9:00	Hydro Pump	NL	Sue	9:00	Aqua Bootcamp	7LD	Kim
10:00	Arthritis*	7T	Kim	9:15	Arthritis*	NT	Gina	9:00	Aquatonic	NL	Kim	9:15	Arthritis*	NT	Gina	9:00	Hydro Pump	NL	Sue	9:15	Hydro Fitness	NL	Jane
10:00	WAVES*	NL	Coach	10:00	WAVES*	7L	Coach	10:00	Arthritis*	7T	Sue	9:30	Stretch and Tone	7T	Fran	10:00	Arthritis*	7T	Mary	10:00	Stretch and Tone	7T	Kim/
10:00	Ai Chi	NT	Mary	10:00	WAVES*	NL	Coach	10:00	Yoqua	NT	Maria	10:00	WAVES*	NL	Coach	10:00	Stretch and Tone	NT	Sue	10:00	Stretch and Tone	NT	Sue
10:30	Parkinson's/Arthritis*	NT	Mary	10:15	Arthritis*	NT	Gina	10:30	Parkinson's/Arthritis*	NT	Maria	10:00	WAVES* (begins 11/1)	7L	Coach	10:00	WAVES*	NL	Coach	10:00	WAVES*	NL	Coach
11:00	WAVES*	NL	Coach	11:15	Hydro Pump	NL	Hollie	11:00	Ripples*	NL	Alice	10:15	Arthritis*	NT	Gina	10:30	Parkinson's/Arthritis*	NT	Sue	10:30	Parkinson's/Arthritis*	NT	Sue
11:30	Aqua Moves	7TL	Maria	11:15	Fibromyalgia/Arthritis*	7T	Mary	11:30	Deep Blue (30 minutes)	7DL	Sue	11:15	Aqua HIIT	NL	Connie	11:00	WAVES*	NL	Coach	11:00	WAVES*	NL	Coach
12:30	Yoqua	7T	Maria	12:15	Arthritis*	NT	Jeri	11:45	Fluid Fitness	NT	Maria	11:15	Fibromyalgia/Arthritis*	7T	Mary	11:30	Aqua Moves	7TL	Charmaine/Maria	11:30	Aqua Moves	7TL	Charmaine/Maria
12:30	Hydro Fitness	NL	Diane	12:15	Arthritis*	NT	Jeri	12:00	Aqua Moves (30 minutes)	7TL	Sue	12:15	Arthritis*	NT	Jeri	12:30	Stretch and Tone/Yoqua	7T	Charmaine/Maria	12:30	Stretch and Tone/Yoqua	7T	Charmaine/Maria
1:30	Stretch N Tone	NT	Diane	12:15	Arthritis*	NT	Jeri	12:30	Stretch and Tone	7T	Sue	12:15	Arthritis*	NT	Jeri	1:15	Cardiac Rehab*	NT	Fitness	1:30	Stroke Clinic*	NL	Georgia
2:00	Arthritis*	NT	Diane	3:00	H ₂ O Healthy and Fit*	7T	Alice	12:30	Stretch and Tone	7T	Sue	3:00	H ₂ O Healthy and Fit*	7T	Mary	2:00	Arthritis*	NT	Mary	2:30	Don't Fear the Water*	NT	Georgia
5:30	Aqua Bootcamp	NLT	Sandy	5:00	WAVES*	NL	Coach	5:00	Aqua Bootcamp	7DL	Diane	5:00	WAVES*	NL	Coach	5:30	Hydro Pump	NLT	Sandy	2:45	WAVES* (begins 11/1)	NL	Coach
6:00	H ₂ O Healthy and Fit*	7T	Fran	6:00	Aqua Functional Fit/Arthritis*	NT	Hollie	6:00	H ₂ O Healthy and Fit*	7T	Diane	6:00	Aqua Functional Fit/Arthritis*	NT	Kim	6:30	Warm Water Sampler*	NT	Sandy				
6:00	WAVES* (begins 11/1)	7L	Coach	6:00	Warm Water Sampler*	7T	Mary	6:30	Warm Water Sampler*	NT	Kim	6:00	Warm Water Sampler*	7T	Hollie								
6:30	Warm Water Sampler*	NT	Sandy	7:00	WAVES*	NL	Coach	7:00	WAVES*	NL	Coach	7:00	WAVES*	NL	Coach								
				7:00	Low Back/Arthritis*	NT	Hollie					7:00	Low Back/Arthritis*	NT	Kim								

SUNDAY

8:00	WAVES*	NL	Coach
9:15	Aquatonic	NL	Sandy/Kim
12:45	Ripples*	NL	Georgia
1:30	Stroke Clinic*	NL	Georgia
2:30	Don't Fear the Water*	NT	Georgia
2:45	WAVES* (begins 11/1)	NL	Coach

THERAPY POOL FREE TIME

Members may use the therapy pool when classes are NOT in session at both locations. Members can use the pool in areas the class is not utilizing at the discretion of the instructor.

Please see open pool schedules for open pool times which are available at the front desk and in the pool area.



NOTE: We guarantee two lap lanes are available for lap swim EXCEPT during WAVES practice. There are no lap lanes available for lap swimmers during WAVES practices.

AQUA CLASS ETIQUETTE
Please be courteous of others around you during class. Extensive conversations make it difficult for others to hear the instructor and puts a strain on the instructor's voice

Classes subject to minimum/maximums, Instructor/location changes, and/or cancellation at Supervisors discretion.

*** = fee based class & requires pre registration**

KEY
NT= Naperville Therapy Pool
NL= Naperville Lap Pool
7D = Seven Bridges Deep Well
7L = Seven Bridges Lap
7T = Seven Bridges Therapy Pool

For questions call Alice Novotny at (630) 646-5905 or email at Alice.Novotny@eehealth.org

Adult Aquatic Programs

CLASS DESCRIPTIONS

Lap Pool - All classes are 60 minutes long unless listed differently.

Aqua Bootcamp A high energy, fast continuous workout to improve your aerobic and anaerobic capacity while building endurance and strength.

Aqua HIIT The best way to increase your metabolic threshold is through interval training. This class will find out how much you really can do.

Aquatic A fun energetic class combined with stretching and relaxing but effective moves to strengthen and tone your body.

Deep Blue Being completely buoyant in the deep blue water does not mean it is time to relax. In fact you work even harder, but without impact on your joints. (30-60 min)

Dynamic Deep Get a complete full body work out, reach your aerobic limits and take all impact off your joints with this powerful deep well format. (30-60 min)

Fluid Dynamics This is a high power full body workout that will utilize the no impact of the deep well and use the power and quickness of the lap lanes to really burn calories.

Hydro Fitness This is about being physically fit. You will have an aerobic workout with segments to build core, strength, balance and anaerobic capacity.

Hydro Pump This class will combine cardio and strength training using the water's resistance and various pieces of equipment.

Liquid Body Burn Water is **not** for Wimps! Go for the burn but keep you cool as you work all your muscles and build endurance.

Therapy Pool Classes vary in length 30-60 min.

Ai Chi Achieve strength, flexibility, and stress relief through a combination of flowing movements and deep breathing. (30 min)

Aqua Moves Keep your body strong and supple with this inspiring aerobic, stretching, toning and strengthening workout. (60 min)

Fluid Fitness this is a new class for mid day fun. You will get some aerobics, strength and core work at a nice relaxed pace.

Stretch and Tone—Stretch and tone with a variety of exercises. Explore and expand your endurance, strength, flexibility and balance limits. (30 min)

Yoga Asana work with proper breathing techniques and a meditation focus, are the framework of yoga in the water. (30 min)

SPECIAL CLASSES

All special classes require pre-registration at least 3 days before the start of a session. Classes are not part of the aquatic member schedule and are subject to min/max numbers that, if not met, may be cancelled.

To register: Naperville, call 630-646-5917 (Toni)
Seven Bridges, call 630-646-7913 (Dina)

Next sessions dates:

Sept 20—Nov 26, 2021 Dec 6—Feb 11, 2022

Cost/10 week session 3 days/week classes:
Members \$43 Non members \$115

Cost/10 week session 2 days/week classes:
Members \$32 Non members \$77

Class participants, who are nonmembers, are welcome to enter the club 20 minutes before the scheduled class time and are requested to exit the facility within 30 minutes after their class

Arthritis Professional instructor led one hour group exercise classes with gentle activities to help increase joint flexibility, range of motion, and maintain muscle strength. Participants will need to feel comfortable in chest deep water. 60 minutes (Therapy Pool)

Naperville: Seven Bridges:
M/ F 2:00pm—3:00 pm M/ W/ F 10:00am—11:00am
M/W/F 10:30—11:30am

TU/ TH 9 :15am—10:15 am or 10:15am—11:15am
12 :15pm—1 :15pm or 6:00pm—7:00pm
7:00pm—8:00pm

Aqua Functional Fitness

A professional instructor will lead a one hour group exercise class for individuals that have a health issue but still want a good cardiovascular workout. This class will have all of the elements of an arthritis class but a more active aerobic pace. 60 minutes (Therapy Pool)

Naperville: TU/ T h 6:00pm-7:00pm

Fibromyalgia Instructors lead endurance, flexibility, cardiovascular, and relaxation exercise in our soothing 90 degree Therapy Pool. 60 minutes (Therapy Pool)

Seven Bridges: TU/TH 11:15 am—12:15 pm

H₂O Healthy and Fit

A professional instructor will lead a one hour group exercise class for individuals that want a good overall workout, keeping you strong and moving through the years. This class will have a good cardiovascular workout, but not neglect the necessary functional moves for active day to day living. 60 minutes (Therapy Pool)

Seven Bridges: M/W 6:00pm—7:00pm
Tu/Th 3:00pm—4:00pm

Low Back 90% of adults have experienced back pain at some time in their lives. Learn dynamic trunk stabilization, strengthening exercises and relaxation techniques to avoid back pain in the future. 60 minutes (Therapy Pool)

Naperville: TU/ TH 7:00pm—8:00pm

Multiple Sclerosis The water's buoyancy and resistance will provide support and aid in building muscle control for the person diagnosed with MS. Participants must be able to stand in the pool on their own.

60 minutes (Lap Pool)

Naperville: TU/ TH 8:45am—9:45 am

Parkinson's Research has proven that an exercise program introduced in the early to mid stages of Parkinson's will improve mobility and possibly delay further impairment. 60 minutes (Therapy Pool)

Naperville M/W/F 10:30am — 11:30 am

Warm Water Sampler A Therapy Pool class that gives you a sample of all the possible exercises, equipment use, and different class formats. The first half hour of the class will be aerobic and the second half hour will focus on strength training, balance, core development, and flexibility. 60 minutes (Therapy Pool)

Naperville M/W/F 6:30 pm—7:30 pm 7 Bridges Tu/Th 6pm—7pm

AQUA personal training

Sometimes water is the best choice for exercise. You can train for rehabilitation, fitness, or learn to swim at your pace, all the way up to the elite swimmer that wants to improve their technique. One-on-one coaching will help you reach your goals and excel. Prices are the same as land personal training. To get started pick up the personal training brochure or contact Alice Novotny at :
email: alice.novotny@eehealth.org or call (630) 646-5905

Adult Swim Programs

Swim classes run in 6 week sessions, see class flyers for dates and times.

Don't Fear the Water—Getting Comfortable in Water

If you are uncomfortable or frightened of the water, this is the class for you. Our instructors will guide you through step by step to help you meet your goals to participate in water classes, or go on to Ripples. Taught in the therapy pool in a small class setting.

RIPPLES - Adult Learn To Swim

If you have never had formal swim instruction, start here. Classes are kept small so we can individualize your instruction and keep you learning at your own pace.

Stroke Clinics—Perfecting your Technique

Instruction for the intermediate swimmer. Drills will focus on perfecting stroke technique and replacing inefficient movements with efficient ones.

Naperville: Sunday afternoon
Wednesday mornings

See flyers for more details

WAVES Master's Swim Team

The summer session begins on June 1 and will run until September 30. The winter session will begin on November 1. Registration forms can be found at the health club. For questions call 630-646-5905.

Fall

Aqua Exercise Schedule

September 7—January 2, 2022

Healthy Driven™
Edward-Elmhurst
HEALTH & FITNESS