

AQUATIC EXERCISE SCHEDULE

Summer

Beginning June 1, 2021

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	8:30	Aquatonic	7LD	Kim	5:30	WAVES*	NL	Coach	8:30	Fluid Dynamics	7LD	Fran	5:30	WAVES*	7L	Coach	7:30	WAVES*	7L	Coach
6:30	WAVES*	NL	Coach					6:30	WAVES*	NL	Coach					6:30	WAVES*	NL	Coach	6:30	WAVES*	NL	Coach
8:30	Dynamic Deep	7DL	Kim					8:00	Stroke Clinic*	NL	Alice									9:00	Aqua Bootcamp	7LD	Kim
9:00	Aqua HIIT	NL	Georgia	9:15	Warm Water Works*	NT	Gina	9:00	Aquatonic	NL	Kim	9:15	Warm Water Works*	NT	Deb	9:00	Hydro Pump	NL	Sue	9:15	Hydro Fitness	NL	Jane
10:00	Warm Water Works*	7T	Kim	10:00	WAVES*	7L	Coach	10:00	Warm Water Works*	7T	Mary	9:30	Stretch and Tone	7T	Fran	10:00	Warm Water Works*	7T	Mary	10:00	Stretch and Tone	7T	Kim/
10:00	WAVES*	NL	Coach	10:00	WAVES*	NL	Coach	10:00	Yoqua	NT	Maria	10:00	WAVES*	NL	Coach	10:00	Stretch and Tone	NT	Sue				
10:00	Ai Chi	NT	Mary	10:15	Warm Water Works*	NT	Gina	10:00	Ripples*	NL	Alice	10:00	WAVES*	NL	Coach	10:00	WAVES*	NL	Coach	SUNDAY			
10:30	Warm Water Works*	NT	Mary	11:15	Hydro Pump	NL	Kim	10:30	Warm Water Works*	NT	Maria	10:15	Warm Water Works*	NT	Gina	10:30	Warm Water Works*	NT	Sue	8:00	WAVES*	NL	Coach
11:00	WAVES*	NL	Coach	11:15	Warm Water Works*	7T	Mary	11:30	Deep Blue (30 minutes)	7DL	Sue	11:15	Aqua HIIT	NL	Connie	11:00	WAVES*	NL	Coach	9:15	Aquatonic	NL	Sandy/Kim
11:30	Aqua Moves	7TL	Maria	12:15	Warm Water Works*	NT	Jeri	12:00	Aqua Moves (30 minutes)	7TL	Sue	11:15	Warm Water Works*	7T	Mary	11:30	Aqua Moves	7TL	<i>Charmaine/Maria</i>	12:45	Ripples*	NL	Georgia
12:30	Yoqua	7T	Maria	12:15	Ai Chi	7T	Mary	12:00	Hydro Fitness	NL	Maria	12:15	Warm Water Works*	NT	Jeri	12:30	Stretch and Tone/ Yoqua	7T	<i>Charmaine/Maria</i>	1:30	Stroke Clinic*	NL	Georgia
1:30	Aqua Stretch/ Core Fusion	NT	Mary	3:00	H₂O Healthy and Fit*	7T	Alice	12:30	Stretch and Tone	7T	Sue	12:00	Hydro Fitness	NL	Maria	1:15	Cardiac Rehab*	NT	<i>Fitness</i>	2:30	Don't Fear the Water*	NT	Georgia
2:00	VSB *	NT	Mary					12:30	Stretch and Tone	7T	Sue	3:00	H₂O Healthy and Fit*	7T	Mary	2:00	VSB*	NT	Mary	3:00	WAVES*	NL	Coach
5:30	Aqua Bootcamp	NLT	Alice	5:00	WAVES*	NL	Coach					5:00	WAVES*	NL	Coach	5:30	Hydro Pump	NL	Sandy	THERAPY POOL FREE TIME			
6:00	H₂O Healthy and Fit*	7T	Laura	6:00	Warm Water Works*	NT	Kim	5:00	Dynamic Deep	7DL	Mary	6:00	Warm Water Works*	NT	Sue/Jane	6:30	<i>H₂O Healthy and Fit*</i>	NT	Sandy	<p>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.</p> <p>Please see open pool schedules for open pool times which are available at the front desk and in the pool area.</p>			
6:30	H ₂ O Healthy and Fit*	NT	Sandy	6:45	WAVES*	NL	Coach	6:30	H ₂ O Healthy and Fit*	NT	Kim	6:45	WAVES*	NL	Coach								

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 Fusion Interval training fused with a boot camp discipline, using a variety of equipment, using the deep well and sometimes a lap lanes.

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 .

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

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

Liquid Body Burn Water is **not** for Wimps! Go for the burn but keep your 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)

Aqua stretch/core Fusion This is a new class that will bring elements of ai chi, yoqua, stretch , pilates and barre to the water. It will help with overall strength, balance and core work. (30 min)

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

Yoqua 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:

**April 19—June 25, 2021 July 5—September 10, 2021
September 20—November 26, 2021**

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 has finished.

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)

Naperville: M/W/F 6:30pm-7:30pm

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

Warm Water Works

Warm water really does work to relax, soothe, and increase your flexibility. It works for balance, your cardiovascular system and for strength work too. Our experienced instructors lead a well balanced workout in our soothing 90 degree Therapy Pool. This class will address the needs of all including **arthritis, Parkinson's, and Fibromyalgia groups and help with low back issues.** 60 minutes (Therapy Pool)

Naperville: M/W/F 10:30am– 11:30am

Tu/Th 9:15am—10:15am 10:15 am-11:15
12:15pm—1:15pm
6:00pm– 7:00pm

Seven Bridges: M/W/F 10:00am– 11:00am
Tu/Th 11:15am—12:15pm

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
We look forward to assisting you with your aqua goals.

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: Sundays 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. Registration forms can be found at the health club. For questions call 630-646-5905.

Summer

Aqua Exercise Schedule

Beginning June 1, 2021

Healthy Driven™
Edward-Elmhurst
HEALTH & FITNESS