

Revised 8/10/2021

NAPERVILLE THERAPY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:00am						CLOSED		5:00am				
5:30am								5:30am				
6:00am								6:00am				
6:30am								6:30am				
7:00am	OPEN 5am- 10am	OPEN 5am- 9:15am	OPEN 5:00am- 10:00am	OPEN 5am- 9:15am	OPEN 5am- 10am			7:00am				
7:30am											7:30am	
8:00am												8:00am
8:30am												8:30am
9:00am		ARTHRITIS		ARTHRITIS				9:00am				
9:30am		ARTHRITIS		ARTHRITIS				9:30am				
10:00am	AI CHI	ARTHRITIS	YOQUA	ARTHRITIS	Stretch and Tone		10:00am					
10:30am	PARKINSON'S /	ARTHRITIS	PARKINSON'S /	ARTHRITIS	PARKINSON'S /	OPEN 7am-4pm	OPEN 7am - 2:30pm	10:30am				
11:00am	ARTHRITIS	OPEN 11:15-12:15pm	ARTHRITIS	OPEN 11:15- 12:15pm	ARTHRITIS				11:00am			
11:30am	OPEN 11:30am- 1:30pm				11:45 FLUID FITNESS					11:30am		
12:00pm		ARTHRITIS	FLUID FITNESS 12:45	ARTHRITIS	OPEN 11:30am- 2:00pm			12:00pm				
12:30pm		ARTHRITIS		ARTHRITIS				12:30pm				
1:00pm									1:00pm			
1:30pm	Stretch and Tone							1:30pm				
2:00pm	ARTHRITIS		OPEN 12:45pm - 6:30pm		ARTHRITIS			2:00pm				
2:30pm	ARTHRITIS	OPEN 1:15pm- 6:00pm			ARTHRITIS			DON'T FEAR	2:30pm			
3:00pm					OPEN 1:15pm- 6:00pm				OPEN 3-4pm	3:00pm		
3:30pm	OPEN 3:00pm- 5:30pm						3:30pm					
4:00pm						OPEN 3:00pm- 5:30pm	4:00pm					
4:30pm				4:30pm								
5:00pm				5:00pm								
5:30pm	AQUA BOOTCAMP				HYDRO PUMP	CLOSED	5:30pm					
6:00pm	AQUA BOOTCAMP	AQUA FUNC FIT /		AQUA FUNC FIT /	HYDRO PUMP		6:00pm					
6:30pm	WARM WATER	ARTHRITIS	WARM WATER	ARTHRITIS	WARM WATER		6:30pm					
7:00pm	SAMPLER	LOW BACK/	SAMPLER	LOW BACK/	SAMPLER		7:00pm					
7:30pm		ARTHRITIS		ARTHRITIS			7:30pm					
8:00pm	OPEN 7:30-9pm		OPEN 7:30 - 9pm		OPEN 7:30-9pm		8:00pm					
8:30pm		OPEN 8-9pm					OPEN 8-9pm	8:30pm				

September 7 - January 2, 2022

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