

Revised 12/13/2021

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		ARTHRITIS			OPEN 11:30am- 2:00pm			11:30am
12:00pm		ARTHRITIS	FLUID FITNESS 12:45	ARTHRITIS						12:00pm	
12:30pm		ARTHRITIS		ARTHRITIS						12:30pm	
1:00pm										1:00pm	
1:30pm	Stretch and Tone		OPEN 12:45pm - 6:30pm							1:30pm	
2:00pm	ARTHRITIS				ARTHRITIS					2:00pm	
2:30pm	ARTHRITIS	OPEN 1:15pm- 6:00pm			OPEN 1:15pm- 6:00pm			ARTHRITIS			2:30pm
3:00pm										DON'T FEAR	3:00pm
3:30pm	OPEN 3:00pm- 5:30pm					OPEN 3:00pm- 5:30pm			OPEN 3-4pm	3:30pm	
4:00pm									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/ ARTHRITIS	SAMPLER	LOW BACK/ ARTHRITIS	SAMPLER				7:00pm		
7:30pm	OPEN 7:30-9pm	ARTHRITIS	OPEN 7:30 - 9pm	ARTHRITIS	OPEN 7:30-9pm				7:30pm		
8:00pm		OPEN 8-9pm					OPEN 8-9pm				8:00pm
8:30pm											8:30pm

January 2 - June 5, 2022

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