

AQUATIC EXERCISE SCHEDULE

****SUMMER****

June 6—Septmeber 4, 2022

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
TIME	CLASS	CENTE R	INSTRUC TOR	TIME	CLASS	CENT ER	INSTRU CTOR	TIME	CLASS	CEN TER	INSTRUC TOR	TIME	CLASS	CE NT ER	INSTRUC TOR	TIME	CLASS	CENT ER	INSTRUC TOR	TIME	CLASS	CENT ER	INSTRUC TOR
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	8:30	Aquatonic	7LT	Kim	6:30	WAVES*	NL	Coach	8:45	MS*	NL	Kim	6:30	WAVES*	7L	Coach	7:30	WAVES*	NL	Coach
8:30	Dynamic Deep	7DL	Kim	8:45	MS*	NL	Sally	8:00	Stroke Clinic*	NL	Alice	9:00	MS*	NL	Kim	8:45	MS*	NL	Kim	9:00	Aqua Bootcamp	7LD	Jeri/Mary/ Laura
9:00	Aqua HIIT	NL	Georgia	9:15	Arthritis*	NT	Gina	9:00	Stroke Clinic*	NL	Alice	9:15	Arthritis*	NT	Gina	9:00	Hydro Pump	NL	TBD	9:15	Hydro Fitness	NL	Jane
10:00	Arthritis*	7T	Kim	10:00	WAVES*	7L	Coach	10:00	Arthritis*	7T	Beth	9:30	Arthritis*	NT	Gina	10:00	Arthritis*	7T	Mary	10:00	Arthritis*	7T	Mary
10:00	WAVES*	NL	Coach	10:00	WAVES*	NL	Coach	10:00	Arthritis*	7T	Beth	10:00	Stretch and Tone	7T	Fran	10:00	Stretch and Tone	NT	Sally	10:00	Stretch and Tone	7T	Jeri/Mary Laura
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	Sally	10:00	WAVES*	NL	Coach
10:30	Parkinson's/ Arthritis*	NT	Mary	10:15	Arthritis*	NT	Gina	10:30	Parkinson's/ Arthritis*	NT	Maria	10:00	WAVES*	7L	Coach	10:00	WAVES*	NL	Coach	10:00	WAVES*	NL	Coach
11:00	WAVES*	NL	Coach	11:15	Arthritis*	NT	Gina	11:00	Ripples*	NL	Alice	10:15	Arthritis*	NT	Gina	10:15	Arthritis*	NT	Gina	10:30	Parkinson's/ Arthritis*	NT	Sally
11:30	Aqua Moves	7TL	Maria	11:15	Hydro Pump	NL	Beth	11:15	Aqua Moves (30 minutes)	7TL	Beth	11:15	Arthritis*	NT	Gina	11:15	Aqua HIIT	NL	Connie	11:00	WAVES*	NL	Coach
12:30	Yoqua	7T	Maria	11:15	Fibromyalgia/ Arthritis*	7T	Nancy	11:15	Aqua Moves (30 minutes)	7TL	Beth	11:15	Fibromyalgia/ Arthritis*	7T	Nancy	11:15	Fibromyalgia/ Arthritis*	7T	Nancy	11:30	Aqua Moves	7TL	Charmaine/ Maria
12:30	Hydro Fitness	NL	Diane	11:45	Fluid Fitness	NT	Maria	11:45	Fluid Fitness	NT	Maria	11:45	Stretch and Tone	7T	Beth	12:15	Arthritis*	NT	Jeri	11:30	Aqua Moves	7TL	Charmaine/ Maria
1:30	Stretch N Tone	NT	Diane	12:15	Arthritis*	NT	Jeri	11:45	Stretch and Tone	7T	Beth	12:15	Arthritis*	NT	Jeri	12:15	Arthritis*	NT	Jeri	12:30	Stretch and Tone/ Yoqua	7T	Charmaine/ Maria
2:00	Arthritis*	NT	Diane	12:15	Ai Chi	7T	Nancy	12:15	Stretch and Tone	7T	Beth	12:15	Deep Blue (45 minutes)	7D	Beth	12:15	Ai Chi	7T	Nancy	2:00	Arthritis*	NT	Mary
5:00	Deep Blue	7D	Fran	3:00	H ₂ O Healthy and Fit*	7T	Alice	12:15	Deep Blue (45 minutes)	7D	Beth	3:00	H ₂ O Healthy and Fit*	7T	Mary	12:15	Ai Chi	7T	Nancy	5:00	WAVES*	NL	Coach
5:30	Aqua Bootcamp	NLT	Sandy	5:00	WAVES*	NL	Coach	5:00	Aqua Bootcamp	7DL	Diane	5:00	WAVES*	NL	Coach	12:15	Ai Chi	7T	Nancy	5:30	Hydro Pump	NLT	Sandy
6:00	H ₂ O Healthy and Fit*	7T	Fran	6:00	Aqua Functional Fit/Arthritis*	NT	Diane	5:00	Aqua Bootcamp	7DL	Diane	5:00	WAVES*	NL	Coach	12:15	Ai Chi	7T	Nancy	6:00	Warm Water Sampler*	NT	Sandy
6:00	WAVES*	7L	Coach	6:00	Warm Water Sampler*	7T	Mary	5:30	Prenatal Aqua	NL	Sandy	6:00	WAVES*	NL	Coach	12:15	Ai Chi	7T	Nancy	6:00	Warm Water Sampler*	NT	Sandy
6:30	Warm Water Sampler*	NT	Sandy	7:00	Aquacise*	7L	Mary	6:00	H ₂ O Healthy and Fit*	7T	Diane	6:00	WAVES*	NL	Coach	12:15	Ai Chi	7T	Nancy	6:00	Warm Water Sampler*	7T	Mary
				7:00	WAVES*	NL	Coach	6:30	Warm Water Sampler*	NT	Kim	6:00	WAVES*	NL	Coach	12:15	Ai Chi	7T	Nancy	7:00	Aquacise*	7L	Mary
				7:00	Low Back/ Arthritis*	NT	Diane					7:00	WAVES*	NL	Coach	12:15	Ai Chi	7T	Nancy	7:00	WAVES*	NL	Coach
												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

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 Supervisor's 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

