

Revised 12/08/2022

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 | PARKNSN'S/ARTHRI | ARTHRITIS | PARKNSN'S/ARTHRI | ARTHRITIS | PARKNSN'S/ARTHRI | OPEN 7am-6pm | OPEN 7am - 6pm | 10:30am |
| 11:00am | PARKNSN'S/ARTHRI | OPEN 11:15-12:15pm | PARKNSN'S/ARTHRI | OPEN 11:15- 12:15pm | PARKNSN'S/ARTHRI | | | 11:00am |
| 11:30am | OPEN 11:30am- 1:30pm | | 11:45 FLUID FITNESS | | FLUID FITNESS 12:45 | | | |
| 12:00pm | | ARTHRITIS | ARTHRITIS | OPEN 11:30am- 2:00pm | 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 | | | ARTHRITIS | 2:30pm | | |
| 3:00pm | | | | | OPEN 1:15pm- 6:00pm | OPEN 3:00pm- 5:30pm | 3:00pm | |
| 3:30pm | OPEN 3:00pm- 5:30pm | | | | | | 3:30pm | |
| 4:00pm | | | 4:00pm | | | | | |
| 4:30pm | | | | | 4:30pm | | | |
| 5:00pm | | | | | | 5:00pm | | |
| 5:30pm | AQUA HIIT | | | | HYDRO PUMP | 5:30pm | | |
| 6:00pm | AQUA HIIT | AQUA FUNC FIT / | | AQUA FUNC FIT / | HYDRO PUMP | 6:00pm | | |
| 6:30pm | WARM WATER | ARTHRITIS | WARM WATER | ARTHRITIS | WARM WATER | CLOSED | | 6:30pm |
| 7:00pm | SAMPLER | LOW BCK/ARTHRI | SAMPLER | LOW BCK/ARTHRI | SAMPLER | | | 7:00pm |
| 7:30pm | OPEN 7:30-9pm | LOW BCK/ARTHRI | OPEN 7:30 - 9pm | LOW BCK/ARTHRI | OPEN 7:30-9pm | | | 7:30pm |
| 8:00pm | | OPEN 8-9pm | | OPEN 8-9pm | | | | 8:00pm |
| 8:30pm | | | | | | | | 8:30pm |

January 2 - June 4, 2023

January 2 - June 4, 2023

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