

Revised 11/20/2019

SEVEN BRIDGES THERAPY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:00am	OPEN	OPEN	OPEN	OPEN	OPEN			5:00am				
5:30am								5:30am				
6:00am								6:00am				
6:30am								6:30am				
7:00am								7:00am				
7:30am								7:30am				
8:00am								8:00am				
8:30am	8:30am											
9:00am	5 - 9:30 am		5 - 9:30 am		5 - 9:30am		9:00am					
9:30am	ARTHRITIS		ARTHRITIS	STRETCH & TONE	ARTHRITIS	7 -10:00am	7am - 7pm	9:30am				
10:00am	ARTHRITIS		ARTHRITIS	OPEN	ARTHRITIS	STRETCH & TONE		10:00am				
10:30am	ARTHRITIS		ARTHRITIS	OPEN	ARTHRITIS			10:30am				
11:00am	ARTHRITIS	11:15 FIBROMYALGIA	ARTHRITIS	11:15 FIBROMYALGIA	ARTHRITIS			11:00am				
11:30am	BEAT THE HILL	FIBROMYALGIA	BEAT THE HILL	FIBROMYALGIA	BEAT THE HILL			11:30am				
12:00pm	BEAT THE HILL	12:15 AI CHI	BEAT THE HILL	12:15 AI CHI	BEAT THE HILL			12:00pm				
12:30pm	YOQUA	AI CHI		AI CHI	STRETCH & TONE	OPEN	OPEN	12:30pm				
1:00pm	OPEN	OPEN	OPEN	OPEN	OPEN					1:00pm		
1:30pm			STRETCH & TONE								1:30pm	
2:00pm			1:00-3:00pm					1- 3 pm				2:00pm
2:30pm												2:30pm
3:00pm			Warm Water Sampler					Warm Water Sampler		10:30 am - 7 pm	7am - 7pm	3:00pm
3:30pm			Warm Water Sampler					Warm Water Sampler				3:30pm
4:00pm												4:00pm
4:30pm	1:00 - 5:30pm	OPEN	OPEN	OPEN						4:30pm		
5:00pm		4 - 6:30 pm	2:00-5:30 pm		1:00pm-5:30 pm					5:00pm		
5:30pm	ARTHRITIS		ARTHRITIS		ARTHRITIS			5:30pm				
6:00pm	ARTHRITIS		ARTHRITIS	4:00 - 6:30 pm	ARTHRITIS			6:00pm				
6:30pm	Warm Water Sampler	Warm Water Sampler	Warm Water Sampler	Warm Water Sampler				6:30pm				
7:00pm	Warm Water Sampler	Warm Water Sampler	Warm Water Sampler	Warm Water Sampler				7:00pm				
7:30pm								7:30pm				
8:00pm	OPEN	OPEN	OPEN	OPEN	OPEN			8:00pm				
8:30pm								8:30pm				
9:00pm								9:00pm				
9:30pm								9:30pm				
10:00pm								7:30pm -10pm	7:30pm -10pm	7:30pm -10pm	7:30 pm-10pm	6:30pm -10pm

MEMBERS ARE WELCOME TO USE THE THERAPY POOL AT THE DISCRETION OF THE INSTRUCTOR and WHEN CLASSES ARE NOT IN SESSION

January 6 - June 1, 2020

Edward-Elmhurst
HEALTH & FITNESS

Healthy Driven

January 6 - June 1, 2020