

AQUATIC EXERCISE SCHEDULE

*Winter * January 2 — June 4, 2017

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
TIME	CLASS	CEN-TER	IN-STRUCT	TIME	CLASS	CEN-TER	IN-STRUCT	TIME	CLASS	CEN-TER	IN-STRUCT	TIME	CLASS	CEN-TER	IN-STRUCT	TIME	CLASS	CEN-TER	INSTRUC-TOR	TIME	CLASS	CEN-TER	IN-STRUCT
5:30	WAVES*	NL	Coach	5:30	WAVES*	7L	Coach	5:30	WAVES*	NL	Coach					5:30	WAVES*	7L	Coach	7:30	WAVES*	NL	Coach
6:30	WAVES*	NL	Coach	8:30	Aquatonic (60 minutes)	7L	Kim	6:30	WAVES*	NL	Coach	8:30	Tri Express (90 minutes)	7LD	Kathy	6:30	WAVES*	7L	Coach	7:30	WAVES*	7L	Coach
8:30	Dynamic Deep (60 minutes)	7D	Sue C.	8:45	Multiple Sclerosis*	NL	Andy B	8:00	Stroke Clinic*	NL	Alice	8:45	Multiple Sclerosis*	NL	Andy B					9:00	Tri Express (90 minutes)	7LD	Kathy/ Kim
9:00	Aqua HIIT	NL	Georgia	9:00	Arthritis*	NT	Nancy	9:00	Hydro Pump	NL	Kim	9:00	Arthritis*	NT	Deb B	9:00	Deep Blue/Runnin' Wet	7D	Nancy	9:00	Weekend Water Workout	NL	Jane
9:30	Arthritis*	7T	Kathy	10:00	Arthritis*	NT	Gina	9:30	Tri-fit	7L	Kim W	10:00	WAVES*	7L	Coach	9:00	Liquid Body Burn	NL	Kathy	10:30	Stretch and Tone (30 min)	7T	Kathy/ Diane/ Kim
10:00	WAVES*	NL	Coach	10:00	WAVES*	7L	Coach	9:30	Arthritis*	7T	Mary A	10:00	Stretch and Tone	NT	Georgia	9:30	Arthritis*	7T	Mary A				
10:00	Ai Chi	NT	Mary A	10:00	WAVES*	NL	Coach	10:00	Stretch and Tone	NT	Georgia	10:00	Stretch and Tone	7T	Kathy	10:00	Stretch and Tone	NT	Kathy				
10:30	Arthritis*	7T	Kathy	10:00	WAVES*	NL	Coach	10:00	Ripples*	NL	Alice	10:00	Waves*	NL	Coach	10:00	WAVES*	NL	Coach				
10:30	Parkinson's*	NT	Mary A	10:30	WAVES*	NL	Coach	10:30	Arthritis*	7T	Mary A	10:00	Arthritis*	NT	Deb B	10:30	Arthritis*	7T	Mary A				
11:00	WAVES*	NL	Coach	11:15	Hydro Pump	NL	Kathy	10:30	Parkinson's*	NT	Maria	11:00	Aqua HIIT	NL	Deb B	10:30	Parkinson's*	NT	Kathy				
11:30	Arthritis*	NT	Mary A	11:30	Arthritis*	NT	Connie	11:30	Arthritis*	NT	Connie	11:15	Fibromyalgia*	7T	Deb K	11:00	WAVES*	NL	Coach	11:00	WAVES*	NL	Coach
11:30	Beat the Hill	7TL	Maria	11:15	Fibromyalgia*	7T	Deb K	11:30	Beat The Hill	7TL	Kathy	11:30	Beat The Hill	7TL	Kathy	11:30	Arthritis*	NT	Susan	1:45	Stroke Clinic*	NL	Marianne/ Georgia
12:30	Yoqua	7T	Maria	11:30	*NEW* Dynamic AquaRun*	7D	Maria	12:30	Runnin' Wet/ Deep Blue	7D	Kathy	12:15	Arthritis*	NT	Jeri	11:30	Beat The Hill	7TL	Charmaine/ Maria	2:45	Don't Fear the Water*	NT	Marianne/ Georgia
12:30	Undercurrents	NL	Deb B	12:15	Arthritis*	NT	Jeri	12:30	Liquid Body Burn	NL	Jeri	12:15	Ai Chi	7T	Deb K	12:30	Aqua Zumba	NL	Abel	3:00	WAVES	NL	Coach
1:30	Yoqua	NT	Deb B	12:15	Ai Chi	7T	Deb K					12:30	Stretch and Tone	7T	Charmaine/ Maria								
2:00	Arthritis*	NT	Deb B	3:00	WW Sampler*	7T	Alice	1:30	Stretch and Tone	7T	Kathy	3:00	WW Sampler*	7T	Kim	1:15	Cardiac Rehab*	NT	Dan				
4:30	Aquatonic	NL	Kim	5:00	Arthritis*	NT	Kathy	1:30	Yoqua	NT	Maria	5:00	WAVES*	NL	Coach	2:00	Arthritis*	NT	Kathy				
5:30	Fluid Dynamics	7LD	Fran	5:00	WAVES*	NL	Coach	2:00	Arthritis*	NT	Maria	5:00	Arthritis*	NT	Kathy	4:00	Low Back*	NT	Diane J				
5:30	Arthritis*	7T	Andy B	6:00	Aqua Functional Fitness*	NT	Kathy	4:00	Low Back*	NT	Mary A	5:00	Arthritis*	NT	Kathy	5:30	Aqua HIIT	NL	Diane J				
5:30	Prenatal*	NL	Alice	6:30	WW Sampler*	7T	Laura	4:30	Undercurrents	NL	Sandy	5:30	Ripples*	7L	Judy	5:30	Arthritis*	7T	Andy B				
6:30	Dynamic AquaRun*	7D	Maria	7:00	Low Back*	NT	Mary A	5:30	High/Low	7LD	Diane	6:00	Aqua Functional Fitness*	NT	Kathy	6:00	WW Sampler*	7T	Andy B	6:30	WW Sampler*	7T	Diane
6:30	WW Sampler*	NT	Sandy	7:00	WAVES*	NL	Coach	5:30	Arthritis*	7T	Andy B	6:15	Stroke Clinic*	7L	Judy	6:15	Stroke Clinic*	7L	Judy				
6:30	WW Sampler*	7T	Fran					5:30	Prenatal*	NL	Sandy	6:30	WW Sampler*	7T	Charmaine	6:30	WW Sampler*	7T	Charmaine				
								6:30	WW Sampler*	7T	Diane	7:00	Low Back*	NT	Kim	7:00	Low Back*	NT	Kim				
								7:30	WAVES*	7L	Coach	7:00	WAVES*	NL	Coach	7:00	WAVES*	NL	Coach				

SUNDAY

8:00	Beg Waves*	NL	Coach
9:15	Aquatonic	NL	Sandy/Kim
1:00	Ripples*	NL	Marianne/ Georgia
1:45	Stroke Clinic*	NL	Marianne/ Georgia
2:45	Don't Fear the Water*	NT	Marianne/ Georgia
3:00	WAVES	NL	Coach

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.

For questions call Alice Novotny at (630) 646-5905 or email at Alice.Novotny@eehealth.org

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.

* = fee based class & requires pre registration

Classes subject to minimum/maximums, Instructor/location changes, and/or cancellation at Supervisors discretion.

KEY
NT= Naperville Therapy Pool
NL= Naperville Lap Pool
7D = Seven Bridges Deep Well
7L = Seven Bridges Lap
7T = Seven Bridges Therapy Pool

Adult Aquatic Programs

CLASS DESCRIPTIONS

Lap Pool - All classes are 60 minutes long unless listed differently.

Aqua HIIT The best way to increase your metabolic threshold is through interval training. This class will find out how much you really can do.

Aquatonic A fun energetic class combined with stretching and relaxing but effective moves to strengthen and tone your body.

Aqua Zumba Enjoy the latest exercise craze in the water. Follow our Zumba instructor through dance routines to spice up any workout routine.

Deep Blue Being completely buoyant in the deep blue water does not mean it is time to relax. In fact you work even harder, but without impact on your joints. (30- 60 min)

Dynamic Deep Get a complete full body work out, reach your aerobic limits and take all impact off your joints with this powerful deep well format. (30 – 60 min)

Fluid Dynamics This is a high power full body workout that will utilize the no impact of the deep well and use the power and quickness of the lap lanes to really burn calories.

High/Low Full-body workout that mimics the planes of motion--used in daily activities, which incorporates a variety of exercises and equipment. Moving from the deep to the deep lap lanes.

Hydro Pump This class will combine cardio and strength training using the water's resistance and various pieces of equipment.

Liquid Body Burn Water is **not** for Wimps! Go for the burn but keep your cool as you work all your muscles and build endurance.

Runnin' Wet Get an intense interval based workout to simulate running on land. Take a break from the pounding and wear and tear on your joints. Strengthen the sport specific muscles for running. Deep, may use lap lanes. (30 - 60 min)

Tri Express A combination of three different formats. It could be Walk/Run, Running Fluidly, Hydro Pump, Aqua HIIT, Dynamic Deep or Deep Blue. Come for one or stay for all three. Tues, Thurs and Sat classes may have different formats. Lap lanes and Deep (75-90 minutes)

Undercurrents A fun and energetic class utilizing a combination of movements to upbeat music. This is a great all around water workout.

Walk/Run A combination of shallow end movements to increase your strength, while improving your gait and posture. We will use different walking and/or jogging patterns to build balance, strength and coordination. (30 minutes)

Weekend Water Workout A great full body workout utilizing different equipment to keep you moving and strengthening every muscle. (60 min)

Therapy Pool Classes vary in length 30—60 min.

Ai Chi Achieve strength, flexibility, and stress relief through a combination of flowing movements and deep breathing. (30 or 45 min)

Beat The Hill Keep your body strong and supple with this inspiring overall toning and strengthening workout. (60 min)

Swing into Aqua Action Flowing aqua moves combined with dance moves to create a fun and energetic aerobic hour. (60 min)

Stretch and Tone—Stretch and tone with a variety of gentle exercises. Explore and expand your flexibility and balance limits. (30 min)

Yoga Asana work with proper breathing techniques and a meditation focus, are the framework of yoga in the water. (30 min)

SPECIAL CLASSES

All special classes require pre-registration at least 3 days before the start of a session. Classes are not part of the aquatic schedule and are subject to min/max numbers that, if not met, may be cancelled.

**To register: Naperville, call 630-646-5917 (Toni)
Seven Bridges, call 630-646-7913 (Jenny)**

**Next sessions begin: April 3, 2017
June 19, 2017**

Cost/10 week session 3 days/week classes:
Members \$43 Non members \$115

Cost/10 week session 2 days/week classes:
Members \$32 Non members \$77

Class participants, who are nonmembers, are welcome to enter the club 20 minutes before the scheduled class time and are requested to exit the facility within 30 minutes after their class has finished.

Parkinson's Research has proven that an exercise program introduced in the early to mid stages of Parkinson's will improve mobility and possibly delay further impairment.

60 minutes (Therapy Pool)
Naperville M/W/F 10:30am — 11:30 am

Fibromyalgia Instructors lead endurance, flexibility, cardiovascular, and relaxation exercise in our soothing 90 degree Therapy Pool.

60 minutes (Therapy Pool)
Seven Bridges: TU/TH 11:15 am—12:15 pm

Low Back 90% of adults have experienced back pain at some time in their lives. Learn dynamic trunk stabilization and strengthening exercises and relaxation techniques to avoid back pain in the future. 60 minutes (Therapy Pool)

Naperville: W/F 4 pm—5 pm or TU/TH 7 pm—8 pm

Multiple Sclerosis The water's buoyancy and resistance will provide support and aid in building muscle control for the person diagnosed with MS. Participants must be able to stand in the pool on their own.

45 minutes (Lap Pool)

Naperville:
TU/TH 8:45am—9:30 am

Warm Water Sampler A Therapy Pool class that gives you a sample of all the possible exercises, equipment use, and different class formats. The first half hour of the class will be aerobic and the second half hour will focus on strength training, balance, core development, and flexibility. 60 minutes (Therapy Pool)

Naperville M/W/F 6:30 pm—7:30 pm

Seven Bridges M/W 6:30 pm—7:30 pm
TU/TH 3 pm—4 pm
TU/TH 6:30 pm—7:30 pm

Arthritis Nationally certified professionals lead one hour group exercise classes with gentle activities to help increase joint flexibility, range of motion, and maintain muscle strength. Participants will need to feel comfortable in chest deep water. 60 minutes (Therapy Pool)

Naperville: Seven Bridges:
M/W/F 11:30am—12:30 pm M/W/F 9:30—10:30 am or 10:30—11:30 am
2 pm—3 pm or 5:30—6:30pm

TU/TH 9 am—10 am or 10am—11 am
12:15pm—1:15pm or 5pm-6pm

Prenatal Aqua Aerobics Get a cardiovascular workout in the comfort of the water. Increase your endurance, balance, and body awareness while enjoying that buoyant weightless feeling provided by the water. A physician's permission slip and signed waiver are required prior to participating in the first class.

60 minutes (Lap Pool) (see pre/post natal brochure for more details)

Naperville: M/W 5:30pm—6:30 pm

Aqua Functional Fitness

A nationally certified instructor will lead a one hour group exercise class for individuals that have a health issue but still want a good cardiovascular workout. This class will have all of the elements of an arthritis class but a more active aerobic pace.

Naperville: TU/Th 6pm-7pm

AQUA personal training

Sometimes water is the best choice for exercise. You can train for rehabilitation, fitness, or learn to swim at your pace, with one-on-one coaching that will help you excel. Prices are the same as land personal training. To get started, email: alice.novotny@eehealth.org or call (630) 646-5905

Adult Swim Programs

Don't Fear the Water— Getting Comfortable in Water

If you are uncomfortable or frightened of the water, this is the class for you. Our instructors will guide you through step by step to help you meet your goals to participate in water classes, or go on to Ripples. Taught in the therapy pool in a small class setting.

RIPPLES - Adult Learn To Swim

If you have never had formal swim instruction, start here. Classes are kept small so we can individualize your instruction and keep you learning at your own pace.

Stroke Clinics—Perfecting your Technique

Instruction for the intermediate swimmer. Drills will focus on perfecting stroke technique and replacing inefficient swim styles with efficient styles.

WAVES Master's Swim Team

The Summer session runs from June 1, 2016 through September 30, 2016. The winter season will run from November 1—May 15, 2017. Check out: www.napervillewavesswimclub.com for more information.

NEW

Dynamic AquaRun

A popular water running class that is sweeping the nation. Run suspended in deep water developing the correct technique and building the muscles needed for runners. This intense aerobic workout is perfect for everyone. This is a no impact class that will challenge you aerobically and leave you feeling great.

Seven Bridges: Mondays 6:30pm—7:30pm and Tuesdays 11:30 am—12:30pm

Winter Aqua Exercise Schedule

January 2 —June 4, 2017

Edward-Elmhurst
HEALTH & FITNESS