

2018

REVISED LABOR DAY SCHEDULE

Seven Bridges & Naperville

Monday, September 3th

Facility Hours 7 am—2 pm

Midday members welcome on 9/03/18 due to revised schedule.

(Regular schedules resume on Tuesday, September 4, 2018)

No aqua special population classes on Monday, September 3, 2018

For more information contact the Land Group Exercise Supervisors:

Seven Bridges-Paula McBride at (630) 646-7929

Naperville-Renee Nelson at (630) 646-5922

Adult Aquatic Coordinator, Alice Novotny at (630) 646-5905

Seven Bridges	Naperville
<p>8:00am Rise and Shine it's <u>Cycle</u> time!! (Tammy S. - 60 min.) sign up at front desk</p> <p>8:15am Labor Day Cardio Kicker!! (Jessie G. - 45 min.)</p> <p>9:00 am Aqua Labor Intensive (Diane—30 min. lap and 30 min deep pool)</p> <p>9:15am Roll Up Your Sleeves -TBS (Jessie G. - 60 min. strength class)</p> <p>9:30am BBQ TRX Challenge & Cycle sign up at front desk—limit 20 people (Denise- 45 min.) limit 20</p> <p>10:00 am Aqua Labor of Love (Diane—30 min stretch and tone - therapy pool)</p> <p>10:30am Live, Love & Laugh Yoga (Julie Groves. - 60 min.)</p> <p>11:15am ZUMBA “HOT” off the GRILL (Jessica—60 min.)</p>	<p><u>Pools are Open</u></p> <p>9:00am Working It Out Aqua Style (Kim—60 min. lap and therapy pools)</p> <p>10–12pm WAVES (Coach—Lap Pool)</p> <p>Go to Seven Bridges!</p> <p>The Naperville STUDIO AND BASKETBALL COURT are CLOSED</p> <p>for refinishing August 29– September 3</p>
<p>Healthy Driven™ Edward-Elmhurst HEALTH & FITNESS</p>	