

2018

MEMORIAL DAY WEEKEND SCHEDULE

Seven Bridges

Midday members can attend any class on Monday, May 28, 2018 due to revised schedule
Regular schedules resume on Tuesday, May 29

No special population classes on Monday, May 28

Group Exercise Supervisor, Paula McBride at (630) 646-7929
Adult Aquatic Coordinator, Alice Novotny at (630) 646-5905

Saturday, May 26 Center Hours: 7am-5pm	Sunday, May 27 Center Hours: 7am-4pm
<p>7:15am Heroes Cycle (60 min Mina)</p> <p>8:20am Memorial Muscle Pump (60min Mina)</p> <p><i>9:00am Aqua Muscles & Memories</i> Kathy - 75 min - 45 Deep and 30 Lap Lanes</p> <p>9:30am Works (60min Strength and cardio Cherie)</p> <p><i>10:30am Stretching & Saluting</i> Kathy—45min— Therapy Pool</p> <p>10:35am Pilates Patriot Express (30min Julie G)</p> <p>11:15am Mindful Warrior Yoga Aerobics studio (60 min Julie G)</p>	<p>8:15am Red White and Blue Perf Cycle (60 min Denise)</p> <p>8:30am Zumba Blow out!! (60 minutes Aerobics studio Jessica B.)</p> <p>9:30am United We Stand—TBS (60 min Jessica Gilligan)</p> <p>10:30am Yoga with Honor (75 min Aerobics studio Nancy K)</p>
<p>Monday, May 28 Center Hours: 7am-2pm</p>	<p>WHAT'S HAPPENING @ 7Bridges</p>
<p>7:45am Flying High Cycle (60min Paula)</p> <p>8:15am Courageous Cardio Intervals (45min Jessica G)</p> <p>9:00am Power Hour Strength (60 min Jessica G)</p> <p><i>9:00am Red, White and Deep Blue</i> Diane – 60 min - 30 lap lanes, 30 deep</p> <p><i>10:00am Star Spangled Stretch</i> (stretch and tone) Diane—30 min - Therapy Pool</p> <p>10:15am Relax and Renew Yoga (60 min Aerobics studio Adrienne Ann)</p>	<p><u>Restorative Yoga Workshop</u> Sun., May 27, 1-2:30pm w/Gina C.</p> <p><u>Women's Self-Defense</u> w/Maureen Browne 6th and 8th degree black belt Sunday, June 3 or Sept. 16 4:30-6:30pm</p> <p><u>Hip Opener Workshop</u> Sunday, June 10, 1:30-3:30pm</p> <p>Online registration; www.eehealth.org/fitness-classes or call Jenny 630 646-7913</p>

2018

MEMORIAL DAY WEEKEND SCHEDULE

Naperville

Midday members can attend any class on Monday, May 28, 2018 due to revised schedule

Regular schedules resume on Tuesday, May 29

No special population classes on Monday, May 28

Group Exercise Supervisor, Renee Nelson at (630) 646-5922

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

Saturday, May 26 Center Hours: 7am-5pm	Sunday, May 27 Center Hours: 7am-4pm
<p>7:30am Hero's Cardio/stretch <i>Jessie G—60 min</i></p> <p>8:00am Honor Cycle <i>Tammy—60 min</i></p> <p>8:30am Taps TBS <i>Sally—60 min</i></p> <p>9:30am Life, Liberty & Yoga <i>Gina C. —60 min</i></p>	<p>8:00am Courageous Creative Step & Strength <i>Jennifer—90 min</i></p> <p>8:00am Honor Cycle <i>Bonnie—60 min</i></p> <p>9:15am Aqua Memorial Memories <i>Sandy— 60 min-Lap Pool</i></p> <p>9:30am Admiration Yoga <i>Adrienne Ann—60 min</i></p>
Monday, May 28 Center Hours: 7am-2pm	WHAT'S HAPPENING?
<p>8:30am Red White and Blue Perf Cycle <i>Bonnie—60 min</i></p> <p>8:30am Zumba blast! <i>Stephanie—60 min</i></p> <p>9:30am Memorial Muscle Express <i>Stephanie —30 min</i></p> <p>9:00am Commemorative Splash <i>Kim — 60 min - Lap Pool</i></p>	<p style="text-align: center;">BUTTS AND GUTS Mondays 5:15—6:15pm 60 minutes June 4—July 9, 2018 Online registration; www.eehealth.org/fitness-classes or call Toni 630 646-5917</p> <p style="text-align: center;">WALKING STRONG WITH JESSIE MEET ON THE TRACK EVERY FRIDAY FREE!! 12:30—1:30PM</p>