

2017

MEMORIAL DAY WEEKEND SCHEDULE

Seven Bridges

Midday members can attend any class on Monday, May 29, 2017 due to revised schedule
Regular schedules resume on Tuesday, May 30

No special population classes on Monday, May 29

Group Exercise Supervisor, Paula McBride at (630) 646-7929

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

Saturday, May 27 Center Hours: 7am-5pm	Sunday, May 28 Center Hours: 7am-4pm
<p>7:30am Heroes Cycle (45 min Mina)</p> <p>8:20am Memorial Muscle Pump (60min Mina)</p> <p>9:00am Aqua Muscles & Memories (Kathy W 90 min) Deep Pool and Lap Lanes</p> <p>9:30am *BOLLY-X* (Bollywood dance 45 min Tey)</p> <p>10:15am Pilates Patriot Express (30min Julie G)</p> <p>10:45am Mindful Warrior Yoga Aerobics studio (60 min Julie G)</p> <p>10:30am Stretching & Saluting (Kathy W.-30 min) Therapy Pool</p>	<p>8:15am Red White and Blue Perf Cycle (60 min Denise)</p> <p>9:00am Zumba Blow out!! (60 minutes) Aerobics studio Jessica B.</p> <p>10:15am Yoga with Honor (75 min Adrienne Ann) Aerobics studio</p>
Monday, May 29 Center Hours: 7am-2pm	WHAT'S HAPPENING?
<p>7:45am Flying High Cycle /Core (60min with 15 ab lab Paula)</p> <p>8:15am Tabata Taps (45min cardio Cherie)</p> <p>9:00am Power Hour Strength (60 min strength Cherie)</p> <p>9:00am Red, White and Deep Blue (Kathy W- 60 min) Deep</p> <p>10:00am Star Spangled Splash (beat the hill style) (Kathy W-45min) 2 Lap Lanes and Therapy Pool</p> <p>10:15am Relax and Renew Yoga Aerobics studio (60 min Adrienne Ann)</p>	<p style="text-align: center;">*New* BOLLY-X Mondays at June 5 – July 17, 2017 6:30-7:30pm</p> <p style="text-align: center;">Meditation and Yoga Chakras WORKSHOP w Julie Groves Sunday, June 11, 2017 1:30-3:30pm</p> <p style="text-align: center;">ZUMBA BEACH PARTY Friday, June 9 7-8:30pm</p>