

Revised 8/18/2022

NAPERVILLE THERAPY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am						CLOSED		5:00am
5:30am					5:30am			
6:00am					6:00am			
6:30am					6:30am			
7:00am	OPEN 5am- 10am	OPEN 5am- 9:15am	OPEN 5:00am- 10:00am	OPEN 5am-	OPEN 5am- 10am			7:00am
7:30am						7:30am		
8:00am							8:00am	
8:30am							8:30am	
9:00am		ARTHRITIS		ARTHRITIS			9:00am	
9:30am		ARTHRITIS		ARTHRITIS			9:30am	
10:00am	AI CHI	ARTHRITIS	YOQUA	ARTHRITIS	Stretch and Tone		10:00am	
10:30am	PARKNSN'S/ARTHRI	ARTHRITIS	PARKNSN'S/ARTHRI	ARTHRITIS	PARKNSN'S/ARTHRI	OPEN 7am-6pm	OPEN 7am - 6pm	10:30am
11:00am	PARKNSN'S/ARTHRI	OPEN 11:15-12:15pm	PARKNSN'S/ARTHRI 11:45 FLUID FITNESS	OPEN 11:15- 12:15pm	PARKNSN'S/ARTHRI			11:00am
11:30am	OPEN 11:30am- 1:30pm	ARTHRITIS	FLUID FITNESS 12:45	ARTHRITIS	OPEN 11:30am- 2:00pm			11:30am
12:00pm		ARTHRITIS		ARTHRITIS				12:00pm
12:30pm								12:30pm
1:00pm						1:00pm		
1:30pm	Stretch and Tone					1:30pm		
2:00pm	ARTHRITIS		OPEN 12:45pm - 6:30pm		ARTHRITIS	2:00pm		
2:30pm	ARTHRITIS	OPEN 1:15pm- 6:00pm		OPEN 1:15pm- 6:00pm	ARTHRITIS	2:30pm		
3:00pm						OPEN 7am-6pm	3:00pm	
3:30pm	OPEN 3:00pm- 5:30pm				OPEN 3:00pm- 5:30pm		3:30pm	
4:00pm							4:00pm	
4:30pm							4:30pm	
5:00pm							5:00pm	
5:30pm	AQUA BOOTCAMP				HYDRO PUMP	5:30pm		
6:00pm	AQUA BOOTCAMP	AQUA FUNC FIT /		AQUA FUNC FIT /	HYDRO PUMP	6:00pm		
6:30pm	WARM WATER	ARTHRITIS	WARM WATER	ARTHRITIS	WARM WATER	CLOSED	6:30pm	
7:00pm	SAMPLER	LOW BCK/ARTHRI	SAMPLER	LOW BCK/ARTHRI	SAMPLER		7:00pm	
7:30pm	OPEN 7:30-9pm	LOW BCK/ARTHRI	OPEN 7:30 - 9pm	LOW BCK/ARTHRI	OPEN 7:30-9pm		7:30pm	
8:00pm		OPEN 8-9pm		OPEN 8-9pm			8:00pm	
8:30pm							8:30pm	

September 6 - December 30, 2022



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