

Revised 11/20/2019

# NAPERVILLE THERAPY POOL

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	<b>OPEN</b> 5-10 am	<b>OPEN</b> 5-9 am	<b>OPEN</b> 5-10am	<b>OPEN</b> 5-9 am	<b>OPEN</b> 5-10 am	<b>OPEN</b> 7am -7pm	<b>OPEN</b> 7am -2:30pm	5:00am
5:30am								5:30am
6:00am								6:00am
6:30am								6:30am
7:00am								7:00am
7:30am	7:30am							
8:00am	8:00am							
8:30am	8:30am							
9:00am	9:00am							
9:30am	9:30am							
10:00am	AI CHI	ARTHRITIS	YOQUA	ARTHRITIS	STRETCH & TONE	<b>OPEN</b> 7am -7pm	<b>OPEN</b> 7am -2:30pm	10:00am
10:30am	PARKINSONS	ARTHRITIS	PARKINSONS	ARTHRITIS	PARKINSONS			10:30am
11:00am	PARKINSONS	<b>OPEN</b> 11-12:15	PARKINSONS	<b>OPEN</b> 11-12:15	PARKINSONS			11:00am
11:30am	<b>OPEN</b> 11:30 - 1:30		<b>OPEN</b> 11:30 - 1:30		<b>OPEN</b> 11:30 - 1:15			11:30am
12:00pm		12:00pm						
12:30pm	12:30pm							
1:00pm	1:00pm							
1:30pm	1:30pm							
2:00pm	2:00pm							
2:30pm	2:30pm							
3:00pm	<b>OPEN</b> 3:00-4:30PM	<b>OPEN</b> 1:15 -5pm	<b>OPEN</b> 3-4 pm	<b>OPEN</b> 1:15 - 5pm	<b>OPEN</b> 3-4 pm	<b>OPEN</b> 7am - 7pm	<b>OPEN</b> 3:00PM - 7pm	3:00pm
3:30pm								3:30pm
4:00pm	4:00pm							
4:30pm	4:30pm							
5:00pm	5:00pm							
5:30pm	5:30pm							
6:00pm	6:00pm							
6:30pm	6:30pm							
7:00pm	7:00pm							
7:30pm	<b>OPEN</b> 7:30 - 10pm	<b>OPEN</b> 8 -10pm	<b>OPEN</b> 7:30 -10pm	<b>OPEN</b> 8 -10pm	<b>OPEN</b> 7:30 -10pm			<b>OPEN</b> 7am - 7pm
7:30pm						7:30pm		
8:00pm						8:00pm		
8:30pm						8:30pm		
9:00pm						9:00pm		
9:30pm	9:30pm							

MEMBERS ARE WELCOME TO USE THE THERAPY POOL AT THE DISCRETION OF THE INSTRUCTOR and WHEN CLASSES ARE NOT IN SESSION

January 5 - May 31, 2020

Edward-Elmhurst  
HEALTH & FITNESS

Healthy Driven

January 5 - May 31, 2020