

2021 REVISED THANKSGIVING SCHEDULE

Naperville & Seven Bridges

Thursday, November 25 (Center Hours: 7am-2pm)

Friday, November 26 (Center Hours: 5am-9pm)

Note: No special population classes held 11/25 & 11/26

Midday members welcome on 11/25 and 11/26 due to revised schedule.

(This revised schedule replaces regular Group Exercise and Aquatic Schedules for these dates only. Regular schedules resume on Saturday, 11/27)

For more information contact the Group Exercise Supervisors:

Naperville-Renee Nelson at 630-646-5922, Seven Bridges-Paula McBride at 630-646-7929,

OR Adult Aquatic Supervisor: Alice Novotny at (630) 646-5905.

Thursday, November 25	Thursday, November 25
Naperville	Seven Bridges
8:00am Turkey Smack Down (Renee & Carol) (cardio boxing—Studio)	8:00am All Carved Up!! (Mina- 60 min.-studio)
8:00am Spin those Turkey Legs (Laura L—60 min)	8:15am Turkey Burn Cycle (Tammy —60 min-MP2 room)
9:00am Aqua Pay before you Stray (Kim -60 min—Lap Pool)	9:00am Prepay for Pie (Mary—Deep Pool/ Lap pool —60 minutes)
9:25am TBS Express! (Mina —30 min)	9:15am ZUMBA-Shake Your Tail Feathers!! (Dara- 60min)
10:00am Gratitude Yoga (Mina - 60 min)	10:00am WAVES (60 minutes)
10:00am WAVES (60 minutes)	10:30am Yoga with Gratitude (Lana - 60min. Studio)
Friday, November 26	Friday, November 26
Naperville	Seven Bridges
8:00am Spin off the Mashed Potatoes (Bonnie- 60 min)	5:30am WAVES (60 minutes)
8:30am Steppin' Off the Stuffing Single Bench (Carol 60 min—Studio)	6:30am WAVES (60 minutes)
9:00am Aqua's Turkey Burn it Off (Alice—Lap Pool—60 min)	8:15am Say “Bye”to the Pie-Ult. Interval & Abs (Mina 60min. TBS w/cardio & abs Studio)
9:15am Burn it Off Body Blast! TBS w/cardio intervals (Jennifer—60 min)	8:30am Cycle “The Calorie Burner” (Tammy- 60min-MP2 room)
10:00am WAVES (60 minutes)	9:45am Yoga from the Thankful Heart (Adrienne Ann- 75 min. Studio)
10:30am Meaniful Yoga (Sally-60min)	
11:00am WAVES (60 minutes)	
11:35am Wobble after the Gobble Zumba (Thomas & Danielle— 60min)	
All Afternoon & Evening classes cancelled on Friday, 11/26	All Afternoon & Evening classes cancelled on Friday, 11/26