

**AQUATIC EXERCISE SCHEDULE \*Winter\* Starting on January 20, 2021**

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR	TIME	CLASS	CENTER	INSTRUCTOR
8:30	<i>Dynamic Deep (60 minutes)</i>	7DL	Kim	8:30	<i>Aquatonic (60 minutes)</i>	7LD	Kim					8:30	<i>Fluid Dynamics</i>	7LD	Fran					9:00	<i>Aqua Bootcamp</i>	7LD	Jeri/Mary Kim/
9:00	Aqua HIIT	NL	Georgia					9:00	Aquatonic	NL	Kim					9:00	Hydro Pump	NL	Sue	10:00	<i>Stretch and Tone</i>	7T	Jeri/Mary Kim/
10:00	Ai Chi	NT	Mary					10:00	Yoqua	NT	Maria	9:30	<i>Stretch and Tone</i>	7T	Fran	10:00	Stretch and Tone	NT	Sue				
11:30	<i>Aqua Moves</i>	7TL	Maria	11:15	Hydro Pump	NL	Kim	11:30	<i>Deep Blue (30 minutes)</i>	7DL	Sue	11:15	Aqua HIIT	NL	Connie	11:30	<i>Aqua Moves</i>	7TL	Charmaine/Maria				
12:30	<i>Yoqua</i>	7T	Maria	12:15	<i>Ai Chi</i>	7T	Mary	12:00	<i>Aqua Moves (30 minutes)</i>	7TL	Sue	12:15	<i>Ai Chi</i>	7T	Mary	12:30	<i>Stretch and Tone/ Yoqua</i>	7T	Charmaine/Maria				
								12:30	<i>Stretch and Tone</i>	7T	Sue												
5:30	Aqua Bootcamp	NLT	Alice					5:00	<i>Dynamic Deep</i>	7DL	Mary												

**SUNDAY**

9:15	Aquatonic	NL	Sandy/Kim
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**THERAPY POOL FREE TIME**

Members may use the therapy pool when classes are NOT in session at both locations. Members can use the pool in areas the class is not utilizing at the discretion of the instructor.

Please see open pool schedules for open pool times which are available at the front desk and in the pool area.

**AQUA CLASS ETIQUETTE**  
Please be courteous of others around you during class. Extensive conversations make it difficult for others to hear the instructor and puts a strain on the instructor's voice.

Classes subject to minimum/maximums, Instructor/location changes, and/or cancellation at Supervisors discretion.

**\* = fee based class & requires pre registration**

**KEY**  
NT= Naperville Therapy Pool  
NL= Naperville Lap Pool  
7D = Seven Bridges Deep Well  
7L = Seven Bridges Lap  
7T = Seven Bridges Therapy Pool

**For questions call Alice Novotny at (630) 646-5905 or email at Alice.Novotny@eehealth.org**

## Adult Aquatic Programs

### CLASS DESCRIPTIONS

**Lap Pool** - All classes are 60 minutes long unless listed differently.

**Aqua Bootcamp** A high energy, fast continuous workout to improve your aerobic and anaerobic capacity while building endurance and strength.

**Aqua Fusion** Interval training fused with a boot camp discipline, using a variety of equipment, using the deep well and sometimes a lap lanes.

**Aqua HIIT** The best way to increase your metabolic threshold is through interval training. This class will find out how much you really can do.

**Aquatonic** A fun energetic class combined with stretching and relaxing but effective moves to strengthen and tone your body.

**Deep Blue** Being completely buoyant in the deep blue water does not mean it is time to relax. In fact you work even harder, but without impact on your joints. (30- 60 min)

**Dynamic Deep** Get a complete full body work out, reach your aerobic limits and take all impact off your joints with this powerful deep well format. (30 –60 min)

**Fluid Dynamics** This is a high power full body workout that will utilize the no impact of the deep well and use the power and quickness of the lap lanes to really burn calories.

**Hydro Pump** This class will combine cardio and strength training using the water's resistance and various pieces of equipment.

**Liquid Body Burn** Water is **not** for Wimps! Go for the burn but keep your cool as you work all your muscles and build endurance.

**Therapy Pool Classes vary in length 30—60 min.**

**Ai Chi** Achieve strength, flexibility, and stress relief through a combination of flowing movements and deep breathing. (30 min)

**Aqua Moves** Keep your body strong and supple with this inspiring aerobic, stretching, toning and strengthening workout. (60 min)

**Stretch and Tone**—Stretch and tone with a variety of gentle exercises. Explore and expand your flexibility and balance limits. (30 min)

**Yogua** Asana work with proper breathing techniques and a meditation focus, are the framework of yoga in the water. (30 min)

### SPECIAL CLASSES

All special classes require pre-registration at least 3 days before the start of a session. Classes are not part of the aquatic member schedule and are subject to min/max numbers that, if not met, may be cancelled.

**To register: Naperville, call 630-646-5917 (Toni)  
Seven Bridges, call 630-646-7913 (Jenny)**

**Next sessions dates:  
February 1—April 9, 2021**

Cost/10 week session 3 days/week classes:  
Members \$43 Non members \$115

Cost/10 week session 2 days/week classes:  
Members \$32 Non members \$77

**Class participants, who are nonmembers, are welcome to enter the club 20 minutes before the scheduled class time and are requested to exit the facility within 30 minutes after their class has finished.**

#### H<sub>2</sub>O Healthy and Fit

A professional instructor will lead a one hour group exercise class for individuals that want a good overall workout, keeping you strong and moving through the years. This class will have a good cardiovascular workout, but not neglect the necessary functional moves for active day to day living. 60 minutes (Therapy Pool)

Naperville: M/W/F 6:30pm-7:30pm

Seven Bridges: M/W 6:00pm—7:00pm  
Tu/Th 3:00pm—4:00pm

#### Warm Water Works

Warm water really does work to relax, soothe, and increase your flexibility. It works for balance, your cardiovascular system and for strength work too. Our experienced instructors lead a well balanced workout in our soothing 90 degree Therapy Pool. This class will address the needs of all including arthritis, Parkinson's, and Fibromyalgia groups and help with low back issues.

60 minutes (Therapy Pool)

Naperville: M/W/F 10:30am– 11:30am  
Tu/Th 9:30am—10:30am  
12:15pm—1:15pm  
6:00pm– 7:00pm

Seven Bridges: M/W/F 10:00am– 11:00am  
Tu/Th 11:15am—12:15pm

TU/TH 11:15 am—12:15 pm

## AQUA personal training

Sometimes water is the best choice for exercise. You can train for rehabilitation, fitness, or learn to swim at your pace, all the way up to the elite swimmer that wants to improve their technique. One-on-one coaching will help you reach your goals and excel. Prices are the same as land personal training. To get started pick up the personal training brochure or contact Alice Novotny at :  
email: [alice.novotny@eehealth.org](mailto:alice.novotny@eehealth.org) or call (630) 646-5905  
We look forward to assisting you with your aqua goals.

## Adult Swim Programs

Swim classes run in 6 week sessions , see class flyers for dates and times.

#### Don't Fear the Water— Getting Comfortable in Water

If you are uncomfortable or frightened of the water, this is the class for you. Our instructors will guide you through step by step to help you meet your goals to participate in water classes, or go on to Ripples. Taught in the therapy pool in a small class setting.

#### RIPPLES - Adult Learn To Swim

If you have never had formal swim instruction, start here. Classes are kept small so we can individualize your instruction and keep you learning at your own pace.

#### Stroke Clinics—Perfecting your Technique

Instruction for the intermediate swimmer. Drills will focus on perfecting stroke technique and replacing inefficient movements with efficient ones.

Naperville: Sundays afternoon  
Wednesday mornings

See flyers for more details

**\*Winter\***

## Aqua Exercise Schedule

**Starting on January 20, 2021**

**Lap Pool Classes—Limit 10  
Therapy Pool Classes—Limit 10**

**\*First Come—First Serve\***

**\*No reservations needed\***

**\*Limits will be strictly enforced\***

**Healthy Driven™**  
Edward-Elmhurst  
HEALTH & FITNESS