




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Warm Water Pool OPEN TIME available for all members when class or Physical Therapy is not in session.</b>					
8:00 am - 8:50 am Arthritis Marylee P.		8:00 am - 8:50 am Arthritis Loralee V.		8:00 am - 8:50 am Arthritis Dale	6:15 am - 8:15 am Tri-Training Group (RF) Kate
9:00 am - 9:50 am Arthritis Marylee P.	9:00 am - 9:50 am Arthritis Pam	9:00 am - 9:50 am Arthritis Amy K.	9:00 am - 9:50 am Arthritis Mary R.	9:00 am - 9:50 am Arthritis Kate	9:00 am - 9:50 am Arthritis Pam
9:00 am - 10:00 am Aqua Aerobics Lora D.	9:00 am - 10:00 am Aqua Aerobics Taylor	9:00 am - 10:00 am Aqua Aerobics Loralee V.	9:00 am - 10:00 am Aqua Aerobics Carl	9:00 am - 10:00 am Aqua Aerobics Loralee V.	9:00 am - 10:00 am Aqua Aerobics Darlene/TBA
10:00 am - 10:50 am Arthritis Kris	10:00 am - 10:50 am Arthritis Marylee	10:00 am - 10:50 am Arthritis Kris	10:00 am - 10:50 am Arthritis Mary R.	10:00 am - 10:50 am Arthritis Loralee V.	10:00 am - 10:50 am Arthritis Terry/Marylee 
11:00 am - 11:50 am Ai Chi Kris	10:30 am - 12:00 pm Tri-Training Group (RF) Kate	11:00 am - 11:50 am Ai Chi Canella	11:00 am - 11:50 am Arthritis Mary R.	11:00 am - 11:50 am Ai Chi Mary	11:00 am - 12:00 pm Aqua Yoga Canella
12:00 pm - 12:50 pm Arthritis Kris	11:00 am - 11:50 am Arthritis Marylee	12:30 pm - 1:20 pm Arthritis Kris			
	12:00 pm - 1:30 pm Physical Therapy	1:30 pm - 2:30 pm Aqua for Parkinson's		12:00 pm - 2:00 pm Physical Therapy	
					<b>SUNDAY</b>
3:30 pm - 5:30 pm Physical Therapy			3:30 pm - 5:30 pm Physical Therapy		
5:00 pm - 6:00 pm Aqua Aerobics Susie P.	3:30 pm - 5:30 pm Physical Therapy	5:30 pm - 6:20 pm Arthritis Pam	5:30 pm - 6:20 pm Arthritis Terry	5:30 pm - 6:30 pm Aqua Aerobics Carl/Darlene	9:00 am - 10:00 am Aqua Aerobics Rotation
5:30 pm - 6:20 pm Arthritis Kris	5:30 pm - 6:20 pm Arthritis Terry	5:30 pm - 6:30 pm Aqua Aerobics Carl	6:30 pm - 7:30 pm Fibro Lisa		10:00 am - 10:50 am Arthritis Rotation
6:30 pm - 7:30 pm Fibro Lisa	6:30 pm - 8:30 pm Tri-Training Group (RF) Kate	 6:30 pm - 7:30 pm Aqua Yoga Canella			

 **Special Notes**      ● Main Pool      ○ Warm Water Pool      ● Physical Therapy  
Terry 1st & 3rd, Marylee 2nd & 4th      (RF) Registration Fee      ● New

Pools are a Cell-Free Zone. Cell phones may be used in the café, library and lobby areas only. Class times, formats, and instructors are subject to change without notice. Low attendance classes are subject to cancellation at any time.

### Warm Water Pool

- No lap swimming allowed. Maintain a clear path to allow others to move freely.
- Members are required to shower before entering the pool.
- Diving, jumping, loud activity, food or beverages are not permitted in the pool area.
- **Members not allowed in the warm water pool during class times or Physical Therapy. Refer to aquatic schedule for OPEN TIME.**
- Ai Chi and Aqua Yoga are meditative classes and we request that these classes be reserved just for class participants.

**Northwestern Medicine**  
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**For more information, contact Amy Rosales at 847.535.7632.**

# Class Descriptions

## **Aqua Aerobics**

Splash into this low impact cardio and conditioning class. Instructors use the latest aqua-based techniques to provide a high-energy workout that is easy on the joints. Barbells and noodles are also used for upper body and core training. Classes are appropriate for multiple fitness levels and are held in the Lap Pool.

## **Aqua Arthritis**

Arthritis Foundation Aquatic Program classes will help you to increase joint range of motion, build muscle strength and help reduce pain and stiffness. Classes are held in the warm water therapy pool; sessions are 16 weeks long and enrollment is required.

## **Aqua Yoga**

Yoga in the water is an exciting way to begin or continue your yoga practice. The feeling of weightlessness in the water takes the stress out of challenged joints and stabilizes them to free muscular tightness or discomfort. A practice of mostly standing postures (head stays above water) are presented with props and modifications, making the practice of yoga accessible to EVERY BODY. Both beginning and experienced yogis are welcome.

## **Ai Chi**

This class is similar to Tai Chi but performed in the warm water therapy pool. Learn to move through a flowing progression of slow, broad movements using your arms, legs and torso. Improve range of motion and mobility, and experience the deep relaxation that promotes sleep.

## **Fibro**

This class is designed specifically for participants who suffer from fibromyalgia. Classes are held in the warm water therapy pool.

## **Triathlon Training Group**

Challenging and fun workouts include a detailed daily workout program that will leave you well-prepared for your next triathlon! Registration and fee apply.