Northwestern Medicine®
Lake Forest Health & Fitness Center

WEDNESDAY, 11/27	THURSDAY, 11/28	FRIDAY, 11/29	SATURDAY, 11/30
8:00 - 8:50 am ARTHRITIS - Loralee	9:00 - 9:50 am ARTHRITIS - Mary R	8:00 - 8:50 am ARTHRITIS - Dale	6:15 am - 8:15 am Tri-Training Group (RF) Kate
9:00 - 9:50 am ARTHRITIS - Amy K	9:00 - 10:00 am Aqua Aerobics - Carl	9:00 - 9:50 am ARTHRITIS - Marylee	9:00 - 9:50 am ARTHRITIS - Pam
9:00 - 10:00 am Aqua Aerobics - Loralee	**CLUB HOURS:** **7:00 am - 1:00 pm**	9:00 - 10:00 am Aqua Aerobics - Loralee	9:00 am Aqua is Cancelled due to the holiday
10:00 - 10:50 am ARTHRITIS - Kris	**FITKIDS HOURS:** **8:00 am - 12 pm**	10:00 - 10:50 am ARTHRITIS - Loralee	10:00 - 10:50 am ARTHRITIS - Terry
11:00 - 11:50 am Ai Chi - Canella	**Café Closed**	11:00 - 11:50 am Ai Chi - Mary	11:00 - 12:00 pm Aqua Yoga - Canella
12:30 - 1:20 pm ARTHRITIS - Kris			

SUNDAY 12/01
9:00 - 10:00 am Aqua Aerobics - Susie P
10:00 - 10:50 am ARTHRITIS - Susie P

Main Pool
Warm Water Pool