



Effective: October 1, 2023

Warm Water Therapy & Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*OPEN TIME 5:00-9:00am	*OPEN TIME 5:00-9:00am	*OPEN TIME 5:00-7:45am	*OPEN TIME 5:00-9:00am	*OPEN TIME 5:00-7:45am	*OPEN TIME 6:00-9:00am	*OPEN TIME 7:00-10:00am
Aqua Aerobics Susie P 9:00-10:00am	Aqua Aerobics Janet 9:00-10:00am	Arthritis Janet 8:00 - 8:50am		Arthritis Rotation 8:00 - 8:50am		
Arthritis Marylee 9:15-10:05am	Arthritis Marylee 9:15-10:05am	Aqua Aerobics Janet 9:00-10:00am	Aqua Aerobics Carl 9:00-10:00am	Aqua Aerobics Rotation 9:00-10:00am		
Arthritis Pam 10:15-11:05am	Arthritis Kate 10:15-11:05am	Arthritis Joanie 9:15-10:05am	Arthritis Kate 9:15-10:05am	Arthritis Kate 9:15-10:05am	Aqua Yoga Canella 10:15-11:05am	Arthritis Instructor Rotation 10:15-11:05am
Arthritis Kris 11:45- 12:35pm	*OPEN TIME 11:15-12:00 pm	*OPEN TIME 10:15-11:00am	Ai Chi (AOA) Kris 10:15-11:05am	Arthritis Pam 10:15-11:05am	Aqua Yoga Canella 11:15-12:05pm	*OPEN TIME 11:15-4:00pm
Arthritis Kris 12:45- 1:35pm	Physical Therapy 12:15-1:45pm	Arthritis Kris 11:15-12:05pm	Arthritis Janet 11:15-12:05pm	*OPEN TIME 11:15-12:00pm	*OPEN TIME 12:15-6:00 pm	 PLEASE SHOWER BEFORE ENTERING THE SWIMMING POOL
*OPEN TIME 1:45-3:30pm		Arthritis Kris 12:15-1:05pm		Physical Therapy 12:15-1:45pm		
Physical Therapy 3:45-5:45pm	*OPEN TIME 2:00-4:30pm	Physical Therapy 1:15 - 2:30pm	*OPEN TIME 12:15-3:30pm	*OPEN TIME 2:00-8:00 pm		
Aqua Aerobics Susie P 5:30-6:30pm	Arthritis Janet 4:45 - 5:35pm	*OPEN TIME 2:45 -5:30pm	Physical Therapy 3:45-5:45pm		<div style="border: 2px solid black; padding: 10px;"> <p>CODES:</p> <p>Lap Pool ●</p> <p>Warm Water Pool ● *NO REGISTRATION REQUIRED*</p> <p>Warm Water Pool ● *REGISTRATION IS REQUIRED*</p> </div>	
Arthritis Kris 6:00-6:50pm		Arthritis Pam 5:45-6:35pm	Fibro Lisa 6:30 - 7:20pm			
*OPEN TIME 7:00-9:00pm	*OPEN TIME 5:45-9:00pm	Aqua Yoga Canella 6:45 - 7:35pm	*OPEN TIME 7:30-9:00pm			
		*OPEN TIME 7:45-9:00pm				

NOTICE



CELL PHONE USE OF ANY KIND IS STRICTLY PROHIBITED WITHIN LOCKER ROOMS AND POOL AREA

Arthritis Classes: The current 12-week session of the Arthritis program runs from *Monday, August 14 – Sunday, December 3, 2023*. Participants can register for a maximum of three arthritis classes per week. For more information contact, Amy Rosales, Group Exercise Manager at 847.535.7632 or arosales@nmhfc.com

- ❖ Reservations are required to book time in the lap pool.
- ❖ ***Open time is in the warm water therapy pool.***
- ❖ Maintain a clear path in pool, allowing others to move freely.
- ❖ Members are not allowed in the warm water pool during class times or physical therapy.
- ❖ No lap swimming is allowed in the warm water therapy pool.

For more information about the warm water therapy and lap pool schedule, contact the front desk at 847-535-7060.

Effective: October 1, 2023

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.

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 (AFAP) classes will help you to increase joint range of motion, build muscle strength as well as help reduce pain and stiffness. Classes are held in the warm water therapy pool and in sessions. Registration is required.

Aqua Yoga

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

Fibro

These sessions are performed in the warm water therapy pool and help manage or control chronic pain, fatigue, memory problems & mood changes. Exercises give participants a sense of well-being, increased endurance and fellowship.