



AQUATIC GROUP EXERCISE SCHEDULE

***REGISTRATION IS REQUIRED**

Begins 5/16/22

Monday	Tuesday	Wednesday	Thursday	Friday
POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 5:00am	POOL OPENS at 5:00am
9:00 - 9:50am AQUA POWER Caroline (Lap pool)	8:00 - 8:50am CIRCUIT DU SOLEIL Deb S. (Lap pool)	8:00 - 8:50 am AQUA CARDIO & STRETCH Shawn (Therapy pool)	8:00 - 8:50am CIRCUIT DU SOLEIL Deb S. (Lap pool)	10:00 - 10:50am TGIF AQUA Deb S. (Therapy pool)
11:00 - 11:50pm AQUA CIRCUIT  Kathy (Lap Pool)	9:00 - 9:50am YOGA AI CHI Deb S. (Therapy Pool)	9:00 - 9:50am AQUA POWER Shawn (Lap pool)	9:00 - 9:50am AQUA MOTION Tracy (Therapy Pool)	6:30 - 7:30pm #SKILLS & DRILLS Registration required
	5:00 - 5:50pm AQUA CIRCUIT Caroline (Lap Pool)	10:00 - 10:50am AQUA MOTION Deb S. (Therapy pool)	10:00 - 10:50am AQUA COMBO Tracy (Lap pool)	
	6:30 - 7:30pm #SKILLS & DRILLS Registration required	11:00 - 11:50pm AQUA CIRCUIT  Kathy (Lap Pool)		
		6:30 - 7:30pm #SKILLS & DRILLS Registration required		

Facility Hours

Monday - Thursday 5am - 10pm
Friday 5am - 9pm
Saturday & Sunday 7am - 6pm

Participants must register to attend Therapy Pool classes and special programs.

Registration opens 24 hours prior to the class. Participants can register through our website at delnorhfc.com, or you can download the Delnor Health & Fitness Center App. You can also register at our Fitness desk or by calling (630)938-9550.

AQUA CARDIO & STRETCH: A well balanced workout combining light cardio and flexibility exercises.

AQUA CIRCUIT: Join this water based circuit training class that will include aerobic and resistance exercises.

AQUA COMBO: Traditional training and sports-based cardio. May contain both shallow and deep water exercises.

AQUA MOTION: Cardio, strength, range of motion, balance and core work. A great overall workout.

AQUA POWER: Ready to pump up your aqua workout? Aqua Power is a cardio & resistance challenge.

CIRCUIT DU SOLIEL: Kick off your morning with this fun low impact aqua circuit class that will keep you moving.


TGIF AQUA: A fun and challenging program for those who benefit from warm water exercises.

YOGA AI CHI: Tai Chi movements performed in shoulder level warm water designed to offer a mild aerobic and relaxation workout.

Special Programs

#SKILLS & DRILLS: Peer modeling and social interaction promoting safety practices and inclusion while focusing on competitive and resting strokes. Participants are required to perform 50 Meter lap swim within the group.

Registration is required for this program. 2 lanes will be reserved during this time.

 New program, time, and/or instructor update