


## AQUATIC GROUP EXERCISE SCHEDULE

**\*REGISTRATION IS REQUIRED**

**Begins 10/19/22**

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 <b>AQUA POWER</b> Caroline (Lap pool)	8:00 - 8:50am <b>CIRCUIT DU SOLEIL</b> Deb S. (Lap pool)	8:00 - 8:50 am <b>AQUA CARDIO &amp; STRETCH</b> Shawn (Therapy pool)	8:00 - 8:50am <b>CIRCUIT DU SOLEIL</b> Deb S. (Lap pool)	10:00 - 10:50am <b>TGIF AQUA</b> Deb S. (Therapy pool)
11:00 - 11:50pm <b>AQUA CIRCUIT</b> Kathy (Lap Pool)	9:00 - 9:50am <b>YOGA AI CHI</b> Deb S. (Therapy Pool)	9:00 - 9:50am <b>AQUA POWER</b> Shawn (Lap pool)	9:00 - 9:50am <b>AQUA MOTION</b> Tracy (Therapy Pool)	12:00 - 12:50pm <b>AQUA CIRCUIT</b> Kathy (Lap Pool)
	5:00 - 5:50pm <b>AQUA CIRCUIT</b> Caroline (Lap Pool)	10:00 - 10:50am <b>AQUA MOTION</b> Deb S. (Therapy pool)	10:00 - 10:50am <b>AQUA COMBO</b> Tracy (Lap pool)	
		11:00 - 11:50pm <b>AQUA CIRCUIT</b> Kathy (Lap Pool)	5:30 - 6:20pm <b>AQUA POWER</b> Caroline (Lap Pool) 	

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](http://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.

### Facility Hours

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

**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.