

# AQUATIC FITNESS

September 11 - December 2

- Water classes are free for Courts Plus members.
- Shaded classes require registration & fee.
- Children under 17 years of age may use the pool only during designated Family Swim Hours or at private parties when lifeguards are present.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 am Rise & Shine  Norlene	8:30-9:30 am H <sup>2</sup> O Drills  Kelly & Staff	8:00-9:00 am Rise & Shine  Norlene	8:30-9:30 am H <sup>2</sup> O Drills  Kelly & Staff	8:00-8:30 am TGIF  Norlene	8:30-9:30 am ABC  Annette & Staff
9:00-9:45 am Splash Dance  Norlene	9:30-10:30 am Water Exercise  Mary Ann & Staff	9:00-9:45 am Splash Dance  Norlene	9:30-10:30 am Water Exercise  Mary Ann & Staff	8:30-9:00 am TGIF  Norlene	9:35-10:35 am Water Exercise  Mary Ann & Staff
9:45-10:25 am TBC  Norlene		9:45-10:25 am TBC  Norlene		9:00-9:30 am Aqua Sculpt  Norlene	
Pre/Post Natal Water Exercise 5:45-6:30 pm					
6:45-7:45 pm Kick & Pump  Christina & Staff	6:45-7:45 pm TBC  Annette & Staff	6:45-7:45 pm Kick & Pump  Christina & Staff	6:45-7:45 pm TBC  Annette & Staff		

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Courts Plus offers over 18 hours each week of Water Exercise Classes in our indoor swimming pool. Courts Plus Members may attend any of these classes without registration or sign-up. Swimming skills are not necessary for joining any of the classes. These classes accomplish all the goals of a well-designed fitness program. It is a safe, low impact exercise for effective cardiovascular conditioning, muscular strength, endurance, toning, and flexibility. Pool workouts provide weightlessness, thus enabling you to do High Impact moves with no stress to your joints. The real bonus is the cooling effect and the natural resistance of the water working all major muscle groups while increasing range of motion and flexibility. All fitness levels will receive a challenging workout.

#### Pool Hours

Monday-Friday: 5 a.m. - 10:30 p.m.  
Saturdays (September 1 - May 31): 6 a.m. - 9:30 p.m.  
Saturdays (June 1 - August 31): 6 a.m. - 5:30 p.m.  
Sundays: 6:30 a.m. - 5:30 p.m.

#### Pool Rentals

Saturdays (October 1-April 21) 7-9:30 p.m.  
Call (630) 993-8186 to reserve

#### Family Swim

Sundays (October 1-April 22)  
3:30-5:30 p.m.

#### 3B'S

Fun drills using boards, balls & buoys to strengthen & tone.

#### ABC (AQUATIC BOOT CAMP)

High energy aerobic workout plus strength skills.

#### AQUA SCULPT

Moves to increase strength & define muscle.

#### GUNS & BUNS

Strengthens and tones arms, tighten and tone legs and glutes.

#### H2O DRILLS

Class includes patterns to increase range of motion and muscle strength.

#### KICK & PUMP

Hi-Low moves with cardio and strength training.

#### NAUTICAL NOODLES

Includes suspension exercises. Ride it! Push it! Pump it! Row It! Held in 2 center lanes for deeper water work out.

#### NEW WAVES

High energy moves to gain cardio fitness, water weights for toning.

#### QUICK FIX

30-minute cardio variety workout.

#### RISE & SHINE

Early morning fitness, strength and flexibility using a variety of equipment.

#### PRE/POST NATAL WATER EXERCISE

Special class focusing on safe effective pre & post natal exercise programming in the pool.

#### SPLASH DANCE

Fun filled dance drills to get your groove on.

#### THANK GOD IT'S FRIDAY (TGIF)

Jump start the weekend with this variety class.

#### TOTAL BODY CONDITIONING (TBC)

A variety of cardio and muscle strengthening exercises including stretching.

#### WATER EXERCISE

Class includes exercises to tone and improve your flexibility.