



## AquaPlex Warm Water Exercise Schedule Effective January 2, 2008

Please note pool is for adults & children in classes only.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-8 am	Therapy Pool open For members	Therapy Pool open For members	Therapy Pool open For members	Therapy Pool open For members	Therapy Pool open For members	
8-9 am	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool
9-10 am	OSF Arthritis-therapy pool		OSF Arthritis-therapy pool		OSF Arthritis-therapy pool	Swim Lessons
10-11 am	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	Swim Lessons
11:00-12:00 pm	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	Ai Chi therapy pool 11:15-12:15
12-1 pm	Senior Fit-Linda therapy pool	Senior Fit- Tim therapy pool	Senior Fit-Linda therapy pool	Senior Fit-Tim therapy pool	Senior Fit-Tim therapy pool	Therapy pool members
1-2 pm	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	Open for members	Therapy pool Open for members
2-3 pm	Warm Water Delight / AiChi Jennifer	Therapy pool Open for members	Warm Water Delight/AiChi Jennifer	Therapy pool Open for members	Warm Water Delight/AiChi Jennifer	Open HISRA
3-4:00	Therapy pool Open for members	Therapy pool Open for members	Therapy pool Open for members	Open for Members		Therapy pool Open for members
4:30-5:30 pm	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool		OSF Arthritis-therapy pool	Therapy pool Open for members	Therapy pool Open for members
5:30-6:30 pm	OSF Arthritis-therapy pool	Therapy pool Open for members	OSF Arthritis-therapy pool		Therapy pool Open for members	Therapy pool Open for members
6:30-close	Open 6:30-7pm Open 7-8 pm AiChi 8-9 pm Joelyn ----- Open 8-10p	<i>Lessons 6:30-7:40</i> Open	Open 6:30-7pm Open 7-8 pm AiChi 8-9p Joelyn ----- Open 8-10p	<i>Lessons 6:30-7:40</i> Open	Therapy pool Open for family members	Therapy pool Open for members