

# NOVEMBER POOL SCHEDULE

Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
5:30 – 7:30am Lap Swim	5:30 – 7:30am Lap Swim	5:30 – 7:30am Lap Swim	5:30 – 7:30am Lap Swim	5:30 – 7:30am Lap Swim	6:30am – 8am Lap Swim	6:30 – 4pm Lap Swim
7:30 – 8:20am Aqua Fit/Flex Pam	7:30 – 8:20am Aqua Fit/Flex Valerie	7:30 – 8:20am Aqua Fit/Flex MJ	7:30 – 8:20am Aqua Fit/Flex Valerie	7:30 – 8:20am Aqua Fit/Flex Sandi	8 - 9am Aqua Fit/Flex Judy	
					9 – 10am Aqua Fit Judy	
8:20am-1pm Lap Swim	8:20am-1pm Lap Swim	8:20 -11:15am Lap Swim	8:20am-1pm Lap Swim	8:20am-1pm Lap Swim	10 – 12pm Jr. Swim Lessons <b>NO LAP SWIM</b>	1 – 2:30pm Jr. Swim Lessons
		11:15 – 12:15 Adult Stroke Clinic <b>NO LAP SWIM</b>			12 - 4pm Lap Swim	
1 – 2pm Aqua Fit/Flex Valerie	1 - 2pm Aqua Pilates MJ	1 - 2pm Aqua Mix Dawn	1 - 2pm Aqua Fit/Flex Dawn	1 - 2pm Aqua Fit Sandi		
3:45 – 5:30pm Jr. Swim Lessons <b>NO LAP SWIM</b>	4:45 – 5:30pm Jr. Stroke Clinic <b>NO LAP SWIM</b>	4 – 5:30pm Jr. Swim Lessons <b>NO LAP SWIM</b>		2 – 3pm Ai-Chi Sandi <b>NO LAP SWIM</b>	<b>FAMILY SWIM 4 - 6 pm</b>	<b>FAMILY SWIM 4 - 6 pm</b>
6 – 7pm Boot Camp Dawn			6 – 7pm Aqua Pilates MJ			
7 - 11pm Lap Swim	5:30 - 11pm Lap Swim	5:30 - 11pm Lap Swim	7 - 11pm Lap Swim	3 - 11pm Lap Swim	6 - 8pm Lap Swim	6 - 10pm Lap Swim

Blue – Water Classes included in all memberships except Tennis and Lap Swim Only

Purple – Family Swim (Private Lessons may occur in 1 lane during lap swim on an occasional basis)

Black – Lap Swim

Green – Specialty Classes (additional fee)

## **ABOUT OUR WATER EXERCISE PROGRAMS**

We here at Oakbrook Racquet and Fitness Club pride ourselves on having some of the area's most talented instructors. Every staff member has taken the time and dedication to become certified in their field of expertise. Our instructors are required to continue their education to stay up-to-date on current exercise safety and to follow the latest research to make sure all our members get safe and effective workouts. If you have comments, questions, or concerns please contact Char Mahar, Aquatic Director.

## **CLASS DESCRIPTIONS**

**AQUA BOOT CAMP** (60 minutes) Challenge yourself with this intense, yet refreshing cardio and strength workout in the pool. Get a power workout using water and a variety of fitness equipment for resistance training while increasing your endurance.

**AQUA FIT & FLEX** (50-60 minutes) Low impact water workout with aerobics. This class focuses on range of motion, flexibility, posture and stretching. Gentle for the joints and peaceful for the mind.

**AQUA FIT** (50-60 minutes) Low impact water workout with aerobics and resistive toning. Uses a variety of training methods and equipment. Designed to utilize the water's resistance for a complete workout.

**AQUA MIX** (60 minutes) Extended class with emphasis on improving the cardiovascular system and increasing muscular strength and endurance. The results will be seen in better breathing, improved: agility, posture, and flexibility.

**AQUA PILATES** (60 minutes) Get longer, leaner and stronger by strengthening your core. Improve balance, muscle tone and circulation. Increase flexibility and joint mobility. Consider supplementing this class with mat pilates and reformer machines.

**AI CHI** (45 minutes) Ai Chi is a peaceful thought centered approach to balance, flexibility and range of motion taught in the harmonious waters of the pool. This non-Aerobic, stress reducing, low impact class is great for all fitness levels, including persons with arthritis, fibromyalgia, or those recovering from surgery wishing to regain strength, flexibility and range of motion. **This class is available to all club members.**

**Note: All classes are appropriate for any fitness level. You need no prior experience to attend any class. Please feel free to introduce yourself to the instructors; they would love to answer any of your questions! We look forward to seeing you in the POOL TODAY!**

Swim Lessons are available for children and adults. You may enroll in private, semi private, group lessons or swim stroke clinic depending on your swimming level. Please see the aquatics table for more information.