



## AquaPlex Warm Water Exercise Schedule Effective January 1, 2010

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	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	<b>Ai Chi therapy pool 11:15-12:15</b>
12-1 pm	<b>Senior Fit-Linda therapy pool</b>	<b>Senior Fit-Tim therapy pool</b>	<b>Senior Fit-Linda therapy pool</b>	<b>Senior Fit-Tim therapy pool</b>	<b>Senior Fit-Tim therapy pool</b>	Therapy pool members
1-2 pm		OSF Arthritis-therapy pool		OSF Arthritis-therapy pool	Open for members	Therapy pool Open for members
2-3 pm	<b>Warm Water Senior Fit Jennifer</b>	Therapy pool Open for members	<b>Warm Water Senior Fit Jennifer</b>	Therapy pool Open for members		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 6:30-10pm	<i>Lessons 6:30-7:40</i>	Open 6:30-10pm	<i>Lessons 6:30-7:40</i>	Therapy pool Open for family members	Therapy pool Open for members
		Open		Open		

