

West Pool Closure

The West Pool Area will be closed for repair beginning August 14 for approximately four weeks.

During the West Pool Area closure the East Pool and the East Therapy Pool will be available for member use. Most of the Group Exercise classes that usually take place in the West Pool have been relocated to the East Pool during this time. Check the pool schedules and the back of this flier for schedule change details.

Please note that all Aquatic Group Exercise classes will be limited to 25 participants and reservations are required. You can make a reservation online or at the Courtesy or Fitness Desks up to one month in advance. Reservations are closed one hour prior to the start of class.

All members will receive access to Unlimited Membership classes from August 14 - September 4. This includes premium small group classes like: Aqua Barre/Pilates, Fluidity Barre, Pilates Stretch and Springs, TRX, ViPR and Power Plate Synrgy Circuit classes. Please see class schedule for details. Many Unlimited Membership classes are very limited in space and also require reservations. See booking info below. *If you are already an Unlimited Member your dues will be prorated to reflect the free days.*

How to make a reservation online:

1. Visit GalterLifeCenter.org and click on *My Wellness* (near the top right corner)
2. Enter your login credentials
3. Click on the Group Exercise icon
4. Select a category (Unlimited or East Pool) then select a date and click search
5. Select the class you would like to attend and click enroll or waitlist, if the class is full
6. Select the member you would like to enroll and click register

*** If you need to cancel your reservation please call the Courtesy Desk at 773-878-9936**

Aqua Class Check-in Rules:

1. Participants must check in with the pool attendant upon entry to the East Pool.
2. Five minutes after the class start time the pool attendant will allow waitlist participants to take any vacant spots. If you are five or more minutes late to class (you must be in the pool - not the locker room, etc.) you may lose your spot if the class is full.

Join some of your favorite Aqua instructors on land during the closure in these new additions to the Group Fitness Schedule: Zumba Gold and Tone on Mondays and Wednesdays at 8 a.m. with Jandra and Martha and Stretch and Tone on Saturdays at 8:30 a.m. with Erin. See schedule for details.



5157 N. Francisco Ave.
Chicago, IL 60625
773-878-9936
GalterLifeCenter.org

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Schedule Changes

The West Pool Area will be closed for repair beginning August 14 for approximately four weeks.

The following classes will be moved to the East Pool during this time: Reservations required. See reverse side for instructions on how to make a reservation.

- Aqua Blast on Mondays at 9 a.m.
- Aqua Mix on Mondays at 5:30 p.m.
- Aqua Mix on Tuesdays at 8:30 a.m.
- AAE on Tuesdays at 11 a.m.
- Aqua Blast on Tuesdays at 6:35 p.m.
- Aqua Blast on Wednesdays at 9 a.m.
- Aqua Mix on Wednesdays at 5:45 p.m. (new time)
- AAE on Thursdays at 11 a.m.
- Aqua Zumba on Thursdays at 6:35 p.m.
- Aqua Zumba on Fridays at 8 a.m.
- Aqua Blast on Fridays at 9 a.m.
- Aqua Mix on Saturdays at 9 a.m. (new time)
- Aqua Blast on Sundays at 9 a.m.

The following classes are cancelled during this time:

- Aqua Zumba on Mondays at 8 a.m.
- Pre/Postnatal Aqua on Tuesdays at 6:45 p.m.
- Aqua Mix on Wednesdays at 8 a.m.
- Aqua Mix on Saturdays at 8:15 a.m. (see new time above)
- Aqua Blast on Saturdays at 9:15 a.m.
- AAE on Saturdays at 2:30 p.m.
- **All Masters Practices, SwimFit and Aqua Barre classes**

NEW ADDITION! Try Aqua Barre/Pilates on Tuesdays at 1 p.m. in the East Therapy Pool.

**All members will receive access to Unlimited Membership classes August 14 - September 4.
See reverse side for details.**