

# West Pool Schedule effective July 5 - September 5, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Access 5:15-7 a.m.	Pool Access 5:15-5:45 a.m.	Pool Access 5:15-9 a.m.	Pool Access 5:15-5:45 a.m.	Pool Access 5:15 a.m.-noon	Masters \$ 6:45-7:45 a.m. Peter	Pool Access 6:45-9 a.m.
SwimFit \$ 7-8 a.m. Peter	Masters \$ 5:45-6:45 a.m. Peter	Aqua Blast 9:15-10 a.m. Krista	Masters \$ 5:45-6:45 a.m. Peter	Masters \$ Noon-1 p.m. Peter	Pool Access 7:45-9 a.m.	Aqua Blast 9:15-10 a.m. Jandra
Pool Access 8-11:15 a.m.	Pool Access 6:45-10 a.m.	Pool Access 10:15 a.m.- noon	Pool Access 6:45-9 a.m.	Pool Access 1-6:15 p.m.	Aqua Blast 9:15-10 a.m. Shannon	Aqua Mix 10:15-11 a.m. Suzanne
AAE 11:30 a.m.- 12:15 p.m. Shannon	Aqua Mix 10:15-11 a.m. Erin	Masters \$ Noon-1 p.m. Peter	Aqua Zumba 9:15-10 a.m. Martha		Pool Access 10:15 a.m.- 4 p.m.	Pool Access 11:15 a.m.- 4:15 p.m.
Pool Access 12:30-6 p.m.	Pool Access 11:15 a.m.- 5:45 p.m.	Pool Access 1-6:15 p.m.	Pool Access 10:15-10:45 a.m.			
Masters \$ 6-7 p.m. Peter	Aqua Zumba 6-6:45 p.m. Jandra	Aqua Blast 6:30-7:15 p.m. Shannon	AAE 11-11:45 a.m. Erin			
Pool Access 7-9:15 p.m.	Pool Access 7-9:15 p.m.	Pool Access 7:30-9:15 p.m.	SwimFit \$ Noon-1 p.m. Peter			
			Pool Access 1:15-5:45 p.m.			
			Aqua Blast 6-6:45 p.m. Shannon			
			Pool Access 7-9:15 p.m.			

\$ = Fee Based Classes. Registration and payment are required for Masters and SwimFit.

Please note: All Group Fitness classes are free to attend with a facility access membership.

Weekly reservations are required for all classes and pool access. Online reservations are available up to 72 hours in advance.

For more information or to sign up for a class, visit <https://galterlifecenter.org/classes-events/classes>

## SEE REVERSE SIDE FOR THE EAST POOL SCHEDULE



# East Pool Schedule *effective July 5 - September 5, 2021*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Access 5:30-10 a.m.	Pool Access 5:30 a.m.- 12:15 p.m.	Pool Access 5:30-10 a.m.	Pool Access 5:30 a.m.- 9:15 p.m.	Pool Access 5:30-10 a.m.	Pool Access 6:45-8 a.m.	Pool Access 7 a.m.-4:30 p.m.
AAE 10:15-11 a.m. Suzanne	AAE 12:30-1:15 p.m. Suzanne	AAE 10:15-11 a.m. Krista		Aqua Yoga 10:15-11 a.m. Shannon	Aqua Yoga 8:15-9 a.m. Shannon	
Pool Access 11:15 a.m.- 9:15 p.m.	Pool Access 1:30-9:15 p.m.	Pool Access 11:15 a.m.- 5:15 p.m.		Break 11-11:30 a.m.	Pool Access 9:15 a.m.- 4:30 p.m.	
		Aqua Yoga 5:30-6:15 p.m. Shannon		AAE 11:30 a.m.- 12:15 p.m. Leslie		
		Pool Access 6:30-9:15 p.m.		Pool Access 12:30-1 p.m.		
				Aqua Pilates \$ 1-2 p.m.		
				Pool Access 2-6:30 p.m.		

\$ = Fee Based Class. Payment is required for Aqua Pilates.

Please note: All Group Fitness classes are free to attend with a facility access membership.

Weekly reservations are required for all classes and pool access. Online reservations are available up to 72 hours in advance.

For more information or to sign up for a class, visit <https://galterlifecenter.org/classes-events/classes>

## SEE REVERSE SIDE FOR THE WEST POOL SCHEDULE



**Galter LifeCenter**

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