

# East Pool Schedule *effective July 11, 2022*

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.- 12:15 p.m.	Pool Access 1:30-9:15 p.m.	Pool Access 11:15 a.m.- 1:45 p.m.		Break 11-11:30 a.m.	Pool Access 9:15-10:45 a.m.	
Aqua Pilates* 12:30-1:20 p.m.		<b>*NEW*</b> AAE 2-2:45 p.m. Shannon		AAE 11:30 a.m.- 12:15 p.m. Leslie	Learn-to-Swim / Pool Access 11 a.m.-noon	
Pool Access 1:30-9:15 p.m.		Pool Access 3-5:15 p.m.		Pool Access 12:30-1 p.m.	Pool Access Noon-4:30 p.m.	
		Aqua Yoga 5:30-6:15 p.m. Shannon		Aqua Pilates* 1-1:50 p.m.		
		Pool Access 6:30-9:15 p.m.		Pool Access 2-7:15 p.m.		

\* Aqua Pilates classes are part of the Focused Fitness Program. Payment and registration are required. See flier for details.

Weekly reservations are required for all classes and pool access. Private swim lessons and one-on-one services can occur at any time the pool is not reserved for classes. See the reverse side for when these lessons are most likely to occur.

**SEE REVERSE SIDE FOR MORE INFORMATION**



**Galter LifeCenter**

Part of  **NorthShore**

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## GENERAL INFORMATION

Galter LifeCenter is Illinois' first Certified Medical Fitness facility. We have several warm water pools for member and guest usage. The pool(s) temperature(s) vary between 83 and 104 degrees.

**East Pool Access:** Weekly reservations are required for all classes and pool access. Reservations can be made online on the *My Wellness* portal 72 hours in advance or at the Courtesy Desk 48 hours in advance.

**East Therapy Pool:** The East Therapy Pool is not available for use without a service appointment with a provider.

**Private Swim Lessons:** Galter LifeCenter offers adult and child private swim lessons and one-on-one services. These appointments may occur at any time the pool is not reserved for classes. Private swim lessons are currently most likely to occur in the afternoon from noon to 5 p.m.

**Programs/Classes:** Programs/classes take priority over pool. Pool access may not be available at this time.

**Spa Usage:** This pool is open to all members during pool hours. Please wear appropriate swimwear. This environment is extremely warm and you may overheat if posted guidelines are not followed. Please monitor any changes in how you feel while in these environments. If you begin to feel overheated, please request assistance from a Pool Attendant. Do not spend more than 15 minutes in the Spa.

## CLASS DESCRIPTIONS

**AAE: Aqua Arthritis Exercise** – This program includes a 45-minute water exercise routine geared specifically to those with arthritis. Improve joint flexibility and coordination, reduce muscle weakness and decrease pain and stiffness.

**Aqua Pilates** – The Aqua Pilates workout facilitates increased flexibility while challenging the individual to maintain core stabilization, balance and postural alignment in the healing environment of warm water. All levels of fitness can benefit from this class. Aqua Pilates classes are part of the Focused Fitness Program. Payment and registration are required. See flier for details.

**Aqua Yoga** – Relaxing aquatic exercise that allows focus on balance and strength using traditional yoga poses in the water.

SEE REVERSE SIDE FOR EAST POOL SCHEDULE



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