

# FITNESS | WATER FITNESS | INDOOR LAP SWIM *at a glance*

SEPTEMBER 1 - DECEMBER 31, 2023

MON	TUE	WED	THU	FRI	SAT	SUN
ADULT LAP SWIM 5:15- 8:00 am	ADULT LAP SWIM 5:15- 6:55 am	ADULT LAP SWIM 5:15- 8:00 am	ADULT LAP SWIM 5:15- 6:55 am	ADULT LAP SWIM 5:15- 6:55 am		
				POWER FLOW 6:00- 6:45 am		
	JUST THE GUYS IP 7:00- 8:00 am <b>FREE!</b> in September		JUST THE GUYS IP 7:00- 8:00 am	JUST THE GUYS IP 7:00- 8:00 am	ADULT LAP SWIM 7:00- 9:00 am 9/2 - 12/9	ADULT LAP SWIM 7:00- 9:00 am 9/3 - 12/10
FIT HAPPENS A.M. IP 8:30- 9:30 am <b>FREE!</b> in October		FIT HAPPENS A.M. IP 8:30- 9:30 am		FIT HAPPENS A.M. IP 8:30- 9:30 am		
PILATES 9:00- 10:00 am	SLOW FLOW 9:00- 10:15 am	PILATES 9:00- 10:00 am	SLOW FLOW 9:00- 10:15 am		INFERNO PILATES 9:00- 10:00 am	
FOR THE LOVE OF FIT IP 9:45- 10:45 am		FOR THE LOVE OF FIT IP 9:45- 10:45 am	<b>FREE!</b> ACTIVE ADULT EXERCISE CLASS 9:00- 10:00 am	FOR THE LOVE OF FIT IP 9:45- 10:45 am <b>FREE!</b> in December		
POST THERAPY FITNESS 10:15- 11:00 am		POST THERAPY FITNESS 10:15- 11:00 am				
ADULT LAP SWIM 11:00 am- 1:00 pm	PARKINSON'S STRONG 11:00 am- Noon ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm	PARKINSON'S STRONG 11:00 am- Noon ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm		
					PUBLIC/OPEN SWIM 12:30- 2:30 pm 9/9 - 12/9	PUBLIC/OPEN SWIM 12:30- 2:30 pm 9/10 - 12/10
	POST THERAPY FITNESS IP 1:15- 2:00 pm		POST THERAPY FITNESS IP 1:15- 2:00 pm			
ADULT SUMMIT 5:00- 6:00 pm <i>held at GFAC</i>		ADULT SUMMIT 5:00- 6:00 pm <i>held at GFAC</i>	ADULT SMART START 5:00- 6:00 pm	ADULT SUMMIT 4:00- 5:00 pm <i>held at GFAC</i>		
FIT HAPPENS P.M. IP 5:30- 6:30 pm			FIT HAPPENS P.M. IP 5:30- 6:30 pm <b>FREE!</b> in November			
H.I.I.T. 6:00- 7:00 pm		H.I.I.T. 6:00- 7:00 pm	HIP HOP SPIN 6:00- 6:45 pm MS FITNESS ACCESS 6:00- 7:00 pm <i>September - November Only</i>	PUBLIC/OPEN SWIM 6:00- 8:00 pm 11/3 - 12/8		
FAMILY/LAP SWIM 7:00- 8:00 pm	FAMILY/LAP SWIM 7:00- 8:00 pm	FAMILY/LAP SWIM 7:00- 8:00 pm	FAMILY/LAP SWIM 7:00- 8:00 pm			

## ADULT LAP SWIM

Included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. 2 lanes reserved for Lap Swimmers, 2 lanes reserved for water exercise. *Lanes adjusted based on intended usage.*

INTERESTED LAP SWIMMERS UNDER 18 MUST GET PERMISSION TO ATTEND ADULT LAP SWIM. CONTACT NATHANIEL AT (309) 944-5695.

## FAMILY/OPEN SWIM

Included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth.  
2 lanes reserved for Lap Swimmers, 2 lanes reserved for Family Swim

## IP

Water Fitness Class held at the Community Center Indoor Pool.

Registration or walk-in fee required to attend.

A **FREE** Water Fitness Class is offered each month. [LEARN MORE >](#)

## INDOOR POOL SHUTDOWN

The Indoor Pool will be shutdown

**DECEMBER 18 - 25, 2023** for Annual Maintenance.

