

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

JUNE 1 - AUGUST 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		POWER FLOW 6:00- 6:45 am		
	JUST THE GUYS IP 7:00- 8:00 am		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	ADULT LAP SWIM 7:00- 9:00 am
FIT HAPPENS A.M. IP 8:30- 9:30 am		FIT HAPPENS A.M. IP 8:30- 9:30 am		FIT HAPPENS A.M. IP 8:30- 9:30 am FREE! in June	HIP HOP SPIN 8:00- 8:45 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			
FOR THE LOVE OF FIT IP 9:45- 10:45 am		FOR THE LOVE OF FIT IP 9:45- 10:45 am FREE! in August	FREE! ACTIVE ADULT EXERCISE CLASS 9:00- 10:00 am	FOR THE LOVE OF FIT IP 9:45- 10:45 am		
POST THERAPY FITNESS 10:15- 11:00 am		POST THERAPY FITNESS 10:15- 11:00 am				
	PARKINSON'S STRONG 11:00 am- Noon		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	ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm		
	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 FREE! in July		FLOAT & FLOW AC 5:30- 6:30 pm <i>June & July Only</i>	FIT HAPPENS P.M. IP 5:30- 6:30 pm			
H.I.I.T. 6:00- 7:00 pm		H.I.I.T. 6:00- 7:00 pm	MIDDLE SCHOOL FITNESS ACCESS 6:00- 7:00 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	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 >](#)

AC

Water Fitness Class held at the John & Carla Edwards Aquatic Center.

Registration or walk-in fee required to attend.

INDOOR POOL SHUTDOWN

June 24- July 9, 2023

LAP SWIM IS AVAILABLE AT THE JOHN & CARLA EDWARDS AQUATIC CENTER FOR ALL MEMBERS DURING THE INDOOR POOL SHUTDOWN

Monday- Friday
June 26- 30, 2023
& July 3- 7, 2023

Not held 7/4
5:15- 7:00 am

FREE for Community Center,
Park District & Aquatic Center Members
DAILY ADMISSION for Non-Members

