

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 - 10:15 am Fluid Fusion (W) Lap Pool	8:30 - 9:30 am H ₂ O Mashup (W) Lap Pool	9:00 - 9:45 am Hydro HIIT (W) Lap Pool	8:30 - 9:30 am Aqua Pump (W) Lap Pool	9:00 - 10:00 am Fluid Fusion (W) Lap Pool	8:00 - 9:00 am Aqua Pump (W) Lap Pool	Open - Noon 4:00 pm - Close OPEN SWIM
11:00 am - 1:00 pm AWE 1 (NM/\$) Therapy Pool	9:30 - 10:30 am AWE 1 (NM/\$) Therapy Pool	11:00 am - 1:00 pm AWE 1 (NM/\$) Therapy Pool	9:30 - 10:30 am AWE 1 (NM/\$) Therapy Pool			
	10:30 - 11:30 am AWE 2 (NM/\$) Lap Pool	10:00 - 10:45 am MS Water Exercise (NM/\$) Lap Pool	10:30 - 11:30 am AWE 2 (NM/\$) Lap Pool	10:00 - 10:45 am MS Water Exercise (NM/\$) Lap Pool	10:00 - 10:45 am Sage Cancer Center Water Fitness (NM/\$) Lap/Therapy Pool	
10:30 - 11:30 am Aqua Fitness Leisure Pool		10:30 - 11:30 am Aqua Fitness Leisure Pool		10:30 - 11:30 am Aqua Fitness Leisure Pool		
Private Swim Lessons throughout the day						
5:00 am - 4:30 pm 7:30 pm - Close OPEN SWIM	5:00 - 9:00 am 11:30 am - 4:00 pm 7:30 pm - Close OPEN SWIM	9:00 am - 4:00 pm 8:00 pm - Close OPEN SWIM	9:00 - 9:30 am 11:30 am - 3:30 pm 7:30 pm - Close OPEN SWIM	9:00 am - 6:00 pm 8:00 pm - Close OPEN SWIM (most pools)	5:00 - 9:00 am 5:00 pm - Close OPEN SWIM	Open - Noon 4:00 pm - Close OPEN SWIM
4:30 - 5:30 pm 6:30 - 7:30 pm HammerHeads Lap Pool (4-5 lanes)		4:30 - 5:30 pm 6:30 - 7:30 pm Hammerheads Clinic Lap Pool (4-5 lanes)		6:00 - 8:00 pm Family Fitness (11/15 - 3/27/20)	2:00 - 5:00 pm Family Fitness	Noon - 4:00 pm Family Fitness
	4:00 - 7:30 pm Children's Swim Lessons All Pools	4:45 - 6:45 pm Children's Swim Lessons All Pools	4:00 - 7:30 pm Children's Swim Lessons All Pools		9:00 am - Noon Children's Swim Lessons All Pools	
5:30 - 6:30 pm H ₂ O Mashup (W) Lap Pool	5:30 - 6:30 pm Hydrocore + More (W) Lap Pool					

General class information

Mermaid class held in Lap and Leisure Pools. Two lanes for one hour. Family Fitness Time - Leisure and PT2. Lap Pool for members ages 12 and up. \$ - fee-based, registration required. NM - non-members welcome for a fee, registration required. W - class suitable for WellBridge.

See the Member Services Desk or call 815.444.2900 for details.

Northwestern Medicine
Crystal Lake Health & Fitness Center
200 East Congress Parkway
Crystal Lake, Illinois 60014
815.444.2900

nmhfc.com