

Bloomington Park District

Aquasize

Aqua Bootcamp AM

Get your cardio and toning at the same time! Strengthen abs, arms and legs while getting your heard rate pumping. Westlake residents receive half price discount. Westlake residents should register for sections D1-F3. Drop in rate is \$13R/16NR; Westlake resident drop in rate is \$7. Roselle drop in rate \$15.

Location: Westlake Pool

Instructor: Lynn AM/LeeAnne PM

MIN/MAX: 5/12

Age	Day	Time	Date	R/NR Fee	Code #
AM					
Adult	Tu,Th	9:00-10:00A	1/3-2/9	\$135/155	205403-A1
Adult	Tu	9:00-10:00A	1/3-2/7	\$75/95	205403-A2
Adult	W	9:00-10:00A	1/4-2/8	\$75/95	205403-A3
Adult	Th	9:00-10:00A	1/5-2/9	\$75/95	205403-A4
Adult	Tu,Th	9:00-10:00A	2/21-4/6*	\$135/155	205403-B1
Adult	Tu	9:00-10:00A	2/21-4/4*	\$75/95	205403-B2
Adult	W	9:00-10:00A	2/22-4/5*	\$75/95	205403-B3
Adult	Th	9:00-10:00A	2/23-4/6*	\$75/95	205403-B4
Adult	Tu,Th	9:00-10:00A	4/18-5/25	\$135/155	205403-C1
Adult	Tu	9:00-10:00A	4/18-5/23	\$75/95	205403-C2
Adult	W	9:00-10:00A	4/19-5/24	\$75/95	205403-C3
Adult	Th	9:00-10:00A	4/20-5/25	\$75/95	205403-C4

Westlake Residents

Adult	Tu,Th	9:00-10:00A	1/3-2/9	\$67/0	205403-D1
Adult	Tu	9:00-10:00A	1/3-2/7	\$37/0	205403-D2
Adult	W	9:00-10:00A	1/4-2/8	\$37/0	205403-D3
Adult	Th	9:00-10:00A	1/5-2/9	\$37/0	205403-D4
Adult	Tu,Th	9:00-10:00A	2/21-4/6*	\$67/0	205403-E1
Adult	Tu	9:00-10:00A	2/21-4/4*	\$37/0	205403-E2
Adult	W	9:00-10:00A	2/22-4/5*	\$37/0	205403-E3
Adult	Th	9:00-10:00A	2/23-4/6*	\$37/0	205403-E4
Adult	Tu,Th	9:00-10:00A	4/18-5/25	\$67/0	205403-F1
Adult	Tu	9:00-10:00A	4/18-5/23	\$37/0	205403-F2
Adult	W	9:00-10:00A	4/19-5/24	\$37/0	205403-F3
Adult	Th	9:00-10:00A	4/20-5/25	\$37/0	205403-F4

Age	Day	Time	Date	R/NR Fee	Code #
PM					
Adult	Tu,Th	6:00-7:00P	1/3-2/9	\$135/155	205404-A1
Adult	Tu	6:00-7:00P	1/3-2/7	\$75/95	205404-A2
Adult	Th	6:00-7:00P	1/5-2/9	\$75/95	205404-A3
Adult	Tu,Th	6:00-7:00P	2/21-4/6*	\$135/155	205404-B1
Adult	Tu	6:00-7:00P	2/21-4/4*	\$75/95	205404-B2
Adult	Th	6:00-7:00P	2/23-4/6*	\$75/95	205404-B3
Adult	Tu,Th	6:00-7:00P	4/18-5/25	\$135/155	205404-C1
Adult	Tu	6:00-7:00P	4/18-5/23	\$75/95	205404-C2
Adult	Th	6:00-7:00P	4/20-5/25	\$75/95	205404-C3

Westlake Residents

Adult	Tu,Th	6:00-7:00P	1/3-2/9	\$67/0	205404-D1
Adult	Tu	6:00-7:00P	1/3-2/7	\$37/0	205404-D2
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Adult	Th	6:00-7:00P	2/23-4/6*	\$37/0	205404-E3
Adult	Tu,Th	6:00-7:00P	4/18-5/25	\$67/0	205404-F1
Adult	Tu	6:00-7:00P	4/18-5/23	\$37/0	205404-F2
Adult	Th	6:00-7:00P	4/20-5/25	\$37/0	205404-F3

*NO CLASS 3/28, 3/30



Aquasize

This general conditioning class in the water works all aspects of fitness including cardiovascular endurance, muscular strength, flexibility and improved body composition. Use of aqua dumbbells and belts make this a challenging water workout. Westlake residents receive half price discount. Westlake residents should register for sections D1-F3. Drop in rate is \$13R/\$16NR; Westlake resident drop in rate \$7.

Location: Westlake Pool

Instructor: Lynn

MIN/MAX: 5/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu,Th	8:00-9:00A	1/3-2/9	\$135/155	205400-A1
Adult	Tu	8:00-9:00A	1/3-2/7	\$75/95	205400-A2
Adult	Th	8:00-9:00A	1/5-2/9	\$75/95	205400-A3
Adult	Tu,Th	8:00-9:00A	2/21-4/6*	\$135/155	205400-B1
Adult	Tu	8:00-9:00A	2/21-4/4*	\$75/95	205400-B2
Adult	Th	8:00-9:00A	2/23-4/6*	\$75/95	205400-B3
Adult	Tu,Th	8:00-9:00A	4/18-5/25	\$135/155	205400-C1
Adult	Tu	8:00-9:00A	4/18-5/23	\$75/95	205400-C2
Adult	Th	8:00-9:00A	4/20-5/25	\$75/95	205400-C3

Westlake Residents

Adult	Tu,Th	8:00-9:00A	1/3-2/9	\$67/0	205400-D1
Adult	Tu	8:00-9:00A	1/3-2/7	\$37/0	205400-D2
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Adult	Th	8:00-9:00A	2/23-4/6*	\$37/0	205400-E3
Adult	Tu,Th	8:00-9:00A	4/18-5/25	\$67/0	205400-F1
Adult	Tu	8:00-9:00A	4/18-5/23	\$37/0	205400-F2
Adult	Th	8:00-9:00A	4/20-5/25	\$37/0	205400-F3

*NO CLASS 3/28, 3/30

