

Harcum Fitness & Aquatic Center

April 2019 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Water Aerobics (Chris)	9:00am Water Aerobics (Chris)	10:00am Water Aerobics (Becky)	9:30am Strength & Balance (Christa)	9:00am Aqua Dance "Elvis" (Laura)	9:00am Yoga: All Levels (Jen)
10:00am Feeling Fit (<i>Resident Only</i>)	9:30am Strength & Balance (Christa)	10:00am Feeling Fit (<i>Resident Only</i>)	10:00am Water Aerobics (Mary Kate)	10:00am Feeling Fit (<i>Resident Only</i>)	10:30am Unity Yoga: Power Flow (Debbie)
10:00am Arthritis Aquatics (Chris)	10:00am Water Aerobics (Chris)	11:00am Zumba Gold (Cindi)	10:45am Strength & Balance Plus (Christa)	10:00am Arthritis Aquatics (Laura)	
11:00am Arthritis Aquatics (Michelle)	10:45am Strength & Balance Plus (Christa)	11:00am Arthritis Aquatics (Michelle)	11:15am Water Aerobics (Mary Kate)	11:00am Arthritis Aquatics (Michelle)	
11:00am Unity Yoga: Chair Yoga (Debbie)	1:00pm Strength & Balance (Christa)	1:00pm Fallproof Balance (Kathy)	1:00pm Strength & Balance (Christa)	1:00pm Unity Yoga: Easy Flow (Debbie)	
6:15pm Unity Yoga: Easy Flow (Debbie)	6:15pm Easy Flow Yoga (Kevin)	7:00pm Unity Yoga: All Levels (Debbie)	6:15pm Unity Yoga: Easy Flow		
7:00pm Unity Yoga: Moderate Flow (Debbie)	7:00pm Yoga Meditation (Kevin)		7:00pm Unity Yoga: Power Flow (Debbie)		

Facility Hours: Monday-Friday 7am-8pm, Saturday 8am-2pm, Sunday 12pm-5pm

Family Swim Time: Saturday 10am-12pm & Sunday 2:30-4:30pm (\$3 per child)

Harcum Center Front Desk 614-501-1461