

Harcum Fitness & Aquatic Center-614-501-1461

Facility Hours (Residents & Staff): Mon - Fri. 9:00am-12:30pm

Resident Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Feeling Fit, HC -Debbie	9:30am Balance & Training, HC -Debbie	9:30am Feeling Fit, HC -Debbie	9:30am Balance & Training, HC -Debbie	9:30am Feeling Fit, HC -Debbie	10:15am Chair Yoga, KC -Debbie
10:00am Feeling Fit, HC -Debbie	11:00am Feeling Fit 2, HC -Debbie	10:00am Feeling Fit, HC -Debbie	11:00am Feeling Fit 2, HC -Debbie	10:00am Feeling Fit, HC -Debbie	
10:30am Feeling Fit, HC -Debbie	12:00pm Gently Feeling Fit, KC - Debbie	10:30am Feeling Fit, HC -Debbie	12:00pm Gently Feeling Fit, KC - Debbie	10:30am Feeling Fit, HC -Debbie	
11:00am Arthritis Aquatics, HC - Michelle		11:00am Arthritis Aquatics, HC - Michelle	1:00pm Chair Yoga, KC -Debbie	11:00am Arthritis Aquatics, HC - Michelle	
11:15am Corn Hole, KC -Bonnie		11:15am Corn Hole, KC -Bonnie			

* Thursday: No Chair Yoga on the 3rd Thursday of the month.