

# Harcum Fitness & Aquatic Center-614-501-1461

Facility Hours: Mon, Wed., and Thurs. 12:45pm-7pm, Tues. & Fri. 12:45pm-5:00pm

## May Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1:00pm Chair Yoga - Debbie 30 Min	1:00pm Strength and Balance w/ Gentle Cardio -Debbie 45 min	1:00pm <u>Prepaid Workshop</u> - Tai Chi w/ Kathy (starts 5/26)	1:00pm Zumba® Gold -Cindi 45 min	
1:00pm & 1:30pm Cardio Water Aerobics -Chris 25 min	1:00pm & 1:30pm High Intensity Weight Loss -Tyler 25 min	1:00pm & 1:30pm Arthritis Aquatics - Chris 25 min	1:00pm & 1:30pm High Intensity Weight Loss -Tyler 25 min	
2:00pm & 2:30pm Arthritis Aquatics - Chris 25 min	2:00pm Gentle Mat Yoga -Debbie 45 Min	2:00pm <u>Prepaid Workshop</u> - Delay the Disease w/ Kathy	2:00pm Strength and Balance w/ Gentle Cardio -Debbie 45 min	
3:00pm & 3:30pm Aqua Dance Aerobics - Tyler 25 min	2:00pm & 2:30pm High Intensity Weight Loss -Tyler 25 min	2:00pm & 2:30pm Cardio Water Aerobics -Chris 25 min	2:00pm & 2:30pm High Intensity Weight Loss -Tyler 25 min	
	3:00pm & 3:30pm Aqua Dance Aerobics - Tyler 25 min	3:00pm & 3:30pm Aqua Dance Aerobics - Laura 25 min	3:00pm & 3:30pm Aqua Dance Aerobics - Tyler 25 min	
5:00pm & 5:30pm Aqua Dance Aerobics - Tyler 25 min		5:30pm Groove and Move -Tyler 45 min	5:30pm Gentle Flow Yoga -Debbie 45 min	
5:30pm Gentle Flow Yoga -Debbie 45 min			6:20pm Medium Flow Yoga -Debbie 30 min	
6:20 Medium Flow Yoga -Debbie 30 min			6:30pm High Intensity Weight Loss -Tyler 30 min	

\*\* Group Personal Training with Tyler available Mondays, Wednesdays, & Fridays 1:30pm-2:00pm, \$250 for a month of sessions.

\*\* PICK 1 CLASS PER HOUR FOR SWIMMING\*\*

# Open Swim Times, May

Reminder: Signups are required to reserve open swim times

## Lap Swimming (Lanes 1, 2, & 3)

Monday	Tuesday	Wednesday	Thursday	Friday
4:15pm – 4:45pm	4:15pm – 4:45pm	4:15pm – 4:45pm	4:15pm – 4:45pm	1:15pm – 1:45pm
		4:45pm – 5:15pm	4:45pm – 5:15pm	1:45pm – 2:15pm
		5:15pm – 5:45pm	5:15pm – 5:45pm	2:15pm – 2:45pm
6:15pm – 6:45pm		5:45pm – 6:15pm	5:45pm – 6:15pm	2:45pm – 3:15pm
		6:15pm – 6:45pm		*3:15pm – 3:45pm
				*3:45pm – 4:15pm
				*4:15pm – 4:45pm

## Aerobic Swimming “Do Your Own Thing” (Lane 4)

Monday	Tuesday	Wednesday	Thursday	Friday
4:15pm – 4:45pm	4:15pm – 4:45pm	4:15pm – 4:45pm	4:15pm – 4:45pm	1:15pm – 1:45pm
		4:45pm – 5:15pm	4:45pm – 5:15pm	1:45pm – 2:15pm
		5:15pm – 5:45 pm	5:15pm – 5:45pm	2:15 pm – 2:45pm
6:15pm – 6:45pm		5:45pm – 6:15pm	5:45pm – 6:15pm	2:45pm – 3:15pm
		6:15pm – 6:45pm		