

Harcum Fitness & Aquatic Center-614-501-1461

Resident Facility Hours: Mon - Fri. 9:00am-12:30pm

Resident Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Feeling Fit 1, HC -Debbie	9:30am Balance & Training, HC -Debbie	9:30am Feeling Fit 1, HC -Debbie	9:30am Balance & Training, HC -Debbie	9:30am Feeling Fit 1, HC -Debbie	10:15am Chair Yoga, KC -Debbie
10:00am Feeling Fit 1, HC -Debbie	10:00am Feeling Fit 2, HC -Debbie	10:00am Feeling Fit 1, HC -Debbie	10:00am Feeling Fit 2, HC -Debbie	10:00am Feeling Fit 1, HC -Debbie	
10:30am Feeling Fit 1, HC -Debbie	12:00pm Adaptive Strength Training, KC -Debbie	10:30am Feeling Fit 1, HC -Debbie	12:00pm Adaptive Strength Training, KC -Debbie	10:30am Feeling Fit 1, 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	
11:00am Volleyball, T -Bonnie		11:00am Volleyball, T -Bonnie	3:00pm Corn Hole, KC -Bonnie	11:00am Volleyball, T - Bonnie	
1:30pm Corn Hole, KC -Bonnie					



- * Thursday: No Feeling Fit 2 on 2nd Thursday of the month.
- * Thursday: No Chair Yoga on 3rd Thursday of the month.
- * Saturday: No Chair Yoga on 4th & 5th Saturday of the month.