

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

Facility Hours: Mon. - Thurs. 12:30pm-7:00pm, Fri. 12:30pm-5:00pm

## November Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1:00pm Arthritis Aquatics -Chris 45 min	1:00pm Arthritis Friendly Weight Training -Tyler 45 min	1:00pm Arthritis Aquatics -Chris 45 min	1:00pm Arthritis Friendly Weight Training -Tyler 45 min	1:00pm Chair Yoga – Debbie 30 min
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	1:00pm Zumba® Gold –Cindi 45 min	4:00pm <u>Prepaid Workshop</u> – Group Training w/ Tyler
2:00pm Cardio Water Aerobics -Chris 45 min	2:00pm Everybody's Weight Loss Aquatics-Tyler 45 min	2:00pm Cardio Water Aerobics -Chris 45 min	2:00pm Everybody's Weight Loss Aquatics-Tyler 45 min	
3:00pm Aqua Dance Aerobics -Tyler 45 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	
5:30pm Gentle Flow Yoga -Debbie 45 min	3:00pm Aqua Dance Aerobics -Tyler 45 min	3:00pm Arthritis Aquatics -Chris 45 min	3:00pm Aqua Dance Aerobics -Tyler 45 min	
6:20pm Medium Flow Yoga -Debbie 30 min	4:00pm <u>Prepaid Workshop</u> – Group Training w/ Tyler	5:30pm Groove and Move -Tyler 45 min	4:00pm <u>Prepaid Workshop</u> – Group Training w/ Tyler	
6:20pm Aqua Dance Aerobics -Tyler 40 min	6:20pm Everybody's Weight Loss Aquatics - Tyler 40 min		5:00pm Gentle Flow Yoga – Debbie 60 min	
			6:20pm Everybody's Weight Loss Aquatics - Tyler 40 min	

\*Equipment Orientation held a few times a month. Fliers will be displayed at the front desk for dates.

# Open Swim Times

Reminder: Signups are recommended to reserve open swim times

## Lane Swimming (Lanes 1, 2, or 3) or Aerobic Swimming (Lane 4)

Monday	Tuesday	Wednesday	Thursday	Friday
3:45pm – 4:15pm	3:45pm – 4:15pm	*3:45pm – 4:15pm	3:45pm – 4:15pm	12:45pm – 1:15pm
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	4:45pm – 5:15pm	4:45pm – 5:15pm	1:45pm – 2:15pm
5:15pm – 5:45pm	5:15pm – 5:45pm	5:15pm – 5:45pm	5:15pm – 5:45pm	2:15pm – 2:45pm
5:45pm – 6:15pm	5:45pm – 6:15pm	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

\*Lanes 1 & 2 unavailable

## Prepaid Workshops

Enroll at the front desk

Tai Chi w/Kathy Bowman - \$25.00 for 6 weeks – Wednesdays @ 1:00pm

Delay the Disease w/Kathy Bowman - \$25.00 for 6 weeks – Wednesdays @ 2:00pm

Group Strength Training w/Tyler Reynolds - \$250.00 for 13 sessions – Tuesdays, Thursdays, & Fridays @ 4:00pm

Reiki and Restorative Yoga - \$50.00 for 4 sessions – Tuesdays @ 5:30pm