

Harcum Fitness & Aquatic Center-614-501-1461

Resident Facility Hours: Mon - Fri. 9:00am-12:30pm, Sat. 9:00am-11:00am

Resident Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Feeling Fit 1, HC -Debbie <i>Shuttle Service Provided</i>	9:30am Balance Training, HC -Debbie	9:30am Feeling Fit 1, HC -Debbie <i>Shuttle Service Provided</i>	9:30am Balance Training, HC -Debbie	9:30am Feeling Fit 1, HC -Debbie <i>Shuttle Service Provided</i>	10:15am Chair Yoga, KC -Jen
10:00am Feeling Fit 1, HC -Debbie <i>Shuttle Service Provided</i>	10:00am Feeling Fit 2, HC -Debbie <i>Shuttle Service Provided</i>	10:00am Feeling Fit 1, HC -Debbie <i>Shuttle Service Provided</i>	10:00am Feeling Fit 2, HC -Debbie <i>Shuttle Service Provided</i>	10:00am Feeling Fit 1, HC -Debbie <i>Shuttle Service Provided</i>	
10:30am Feeling Fit 1, HC -Debbie	12:00pm Adaptive Feeling Fit, KC - Debbie	10:30am Feeling Fit 1, HC -Debbie	11:00am Zumba® Gold, KC -Cindi	10:30am Feeling Fit 1, HC -Debbie	
11:00am Arthritis Aquatics, HC - Michelle <i>Shuttle Service Provided</i>		11:00am Arthritis Aquatics, HC - Michelle <i>Shuttle Service Provided</i>	12:00pm Adaptive Feeling Fit, KC - Debbie	11:00am Arthritis Aquatics, HC - Michelle <i>Shuttle Service Provided</i>	
			1:00pm Chair Yoga, KC -Debbie		

* Thursday: No Feeling Fit 2 on 2nd Thursday of the month.

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

Flip over for class descriptions.



Class Descriptions

Pool Classes:

- **Arthritis Aquatics:** Designed for maintaining and/or improving range-of-motion, strength, and flexibility. Exercises encompass the entire body and have been approved through the Arthritis Foundation and the Aquatic Exercise Association.

Land Classes:

- **Corn Hole:** The classic party game where you toss a bean bag with the goal of landing on the score board. Helps to improve cognitive abilities, balance, and mobility.
- **Volleyball:** Chair Volleyball with a beachball is fun for everyone of all ages. This is great exercise too, promoting cognitive and mobility skills.
- **Zumba® Gold:** Zumba® modified for a lower-intensity level with the same Zumba® moves. Easy-to-follow choreography that focuses on balance, range of motion, and coordination. Benefits cardiovascular fitness, muscular conditioning, flexibility, and balance! This class can be done sitting or standing.
- **Feeling Fit 1:** Strength and Balance Training Class designed especially for Seniors to maintain Strength and Balance for life. Some exercises will be done seated and some standing. We use light hand weights and resistance bands for our strength training segment.
- **Feeling Fit 2:** Learn how to use weight training machines and achieve your strength training goals under the supervision of Certified Personal Trainer, Debbie Dalton
- **Adaptive Feeling Fit:** Gentle strength training exercises designed to increase cardiovascular, muscle, and bone strength performed in a chair. We use light hand weights for our strength training segment.
- **Balance Training:** We build confidence in balancing by strengthening key muscles in our legs and core. We put those muscles to use by doing simple standing exercises to build our balance skills.

Yoga Classes:

- **Chair Yoga:** A practice using a chair for seated poses and the chair as balance point for standing poses. Breath work and yoga postures will be combined to stretch the body and relax the mind.