

Harcum Fitness & Aquatic Center-614-501-1461

Facility Hours: Mon. - Thurs. 12:30pm-7:00pm, Fri. 12:30pm-5:00pm, Sat. 11:00am-1:00pm

January Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Arthritis Aquatics -Chris 45 min	11:30am Gentle Flow Yoga – Jen 45 min
1:00pm Chair Yoga - Debbie 30 Min	1:00pm Strength and Balance w/ Gentle Cardio -Debbie 45 min	2:00pm Cardio Water Aerobics -Chris 45 min	1:00pm Zumba® Gold –Cindi 45 min	1:00pm Chair Yoga – Debbie 30 min	
2:00pm Cardio Water Aerobics -Chris 45 min	2:00pm Everybody's Weight Loss Aquatics-Tyler 45 min	3:00pm Arthritis Aquatics -Chris 45 min	2:00pm Everybody's Weight Loss Aquatics-Tyler 45 min	2:00pm Cardio Water Aerobics -Chris 45 min	
3:00pm Aqua Dance Aerobics -Tyler 45 min	2:00pm Gentle Mat Yoga –Debbie 45 Min	5:30pm Groove and Move -Tyler 45 min	2:00pm <u>Prepaid Workshop</u> – Delay the Disease w/ Kathy	4:00pm <u>Prepaid Workshop</u> – Group Training w/ Tyler	
5:30pm Gentle Flow Yoga -Debbie 45 min	3:00pm Aqua Dance Aerobics -Tyler 45 min		3:00pm Aqua Dance Aerobics -Tyler 45 min		
6:20pm Medium Flow Yoga -Debbie 30 min	3:00pm <u>Prepaid Workshop</u> – Reiki & Restorative w/Jessica		3:00pm <u>Prepaid Workshop</u> – Balance & Fall Proof w/ Kathy		
6:20pm Aqua Dance Aerobics -Tyler 40 min	3:45pm <u>Prepaid Workshop</u> – Swim Lessons w/Kathy		4:00pm <u>Prepaid Workshop</u> – Group Training w/ Tyler		
	4:00pm <u>Prepaid Workshop</u> – Group Training w/ Tyler		5:00pm Gentle Flow Yoga – Debbie 60 min		
	6:20pm Everybody's Weight Loss Aquatics -Tyler 40 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	Saturday
3:45pm – 4:15pm	*3:45pm – 4:15pm	3:45pm – 4:15pm	3:45pm – 4:15pm	2:45pm – 3:15pm	11:15am – 11:45am
4:15pm – 4:45pm	*4:15pm – 4:45pm	4:15pm – 4:45pm	4:15pm – 4:45pm	3:15pm – 3:45pm	11:45am – 12:15pm
4:45pm – 5:15pm	4:45pm – 5:15pm	4:45pm – 5:15pm	4:45pm – 5:15pm	3:45pm – 4:15pm	12:15pm – 12:45pm
5:15pm – 5:45pm	5:15pm – 5:45pm	5:15pm – 5:45pm	5:15pm – 5:45pm	4:15pm – 4:45pm	
5:45pm – 6:15pm	5:45pm – 6:15pm	5:45pm – 6:15pm	5:45pm – 6:15pm		
		6:15pm – 6:45pm			

*Lanes 1 & 2 unavailable

Prepaid Workshops

Enroll at the front desk

Balance & Fall Proof w/Kathy Bowman - Members \$30.00 Non-members \$35.00 for 4 weeks – Thursdays @ 3:00pm

Delay the Disease w/Kathy Bowman - Members \$30.00 Non-members \$35.00 for 4 weeks – Thursdays @ 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 @ 3:00pm

Swimming Lessons - \$100.00 for 4 sessions – Tuesdays @ 3:40pm