

Harcum Fitness & Aquatic Center-614-501-1461

August Schedule - Facility Hours: Mon. – Fri. 7:00am-7:00pm, Sat. 9:00am-1:00pm

Resident Only Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Feeling Fit 1, HC – Debbie <i>Shuttle Service Provided</i>	9:30am Balance Training, KC – Debbie	9:30am Feeling Fit 1, HC – Debbie <i>Shuttle Service Provided</i>	9:30am Balance Training, KC – 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>	
11:00am Volleyball, T – Bonnie	12:00pm Adaptive Feeling Fit, KC - Debbie	11:00am Volleyball, T – Bonnie	11:00am Zumba Gold, KC – Cindi	11:00am Volleyball, T – Bonnie	
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>	
3:00pm Corn Hole, KC - Bonnie			1:00pm Chair Yoga, KC – Debbie		
			3:00pm 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.



Location Key:

- ❖ HC = Harcum Center
- ❖ KC = Kimes Chapel
- ❖ T= Theater

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Arthritis Aquatics - Laura	9:00am Arthritis Friendly Weight Training - Tyler	9:00 am Arthritis Aquatics - Laura	9:00am Arthritis Friendly Weight Training - Tyler	10:00am Arthritis Aquatics - Michelle	9:15am Gentle Flow Yoga - Jen
10:00am Fun Aqua Aerobics - Laura	10:00am Arthritis Aquatics - Tyler	10:00am Fun Aqua Aerobics - Laura	10:00am Arthritis Aquatics - Tyler	11:00am Arthritis Aquatics - Michelle <i>Residents Only</i>	10:00am Move and Groove - Tyler
11:00am Arthritis Aquatics - Michelle <i>Residents Only</i>	11:00am Arthritis Friendly Weight Training - Tyler	11:00am Arthritis Aquatics - Michelle <i>Residents Only</i>	11:00am Arthritis Friendly Weight Training - Tyler	12:00pm Arthritis Friendly Weight Training - Tyler	
12:00pm Arthritis Friendly Weight Training - Tyler	12:00pm High Intensity Aerobics Aquatics - Tyler	11:30am Chair Yoga - Debbie	12:00pm High Intensity Aerobics Aquatics - Tyler	1:00pm Strength & Balance - Tyler	
1:00pm Chair Yoga - Debbie	1:00pm Strength & Balance - Debbie	12:00pm Arthritis Friendly Weight Training - Tyler	12:30pm Zumba® Gold - Cindi		
5:30pm Gentle Flow Yoga – Debbie 60 min	2:00pm Gentle Mat Yoga - Debbie	3:00pm Everybody's Weight Loss Aquatics - Tyler	<u>Prepaid Workshops w/Kathy</u> 2:00pm Delay the Disease 3:00pm & 3:45pm Tai Chi		
6:20pm High Intensity Aerobics - Tyler 30 min	3:00pm Everybody's Weight Loss Aquatics - Tyler	4:15pm Strength & Balance - Tyler	3:00pm Everybody's Weight Loss Aquatics - Tyler		
	3:45pm <u>Prepaid Workshop</u> – Swim Lessons w/Kathy	5:30pm Move and Groove - Tyler	5:00pm Gentle Flow Yoga - Debbie 60 min		
	6:20pm High Intensity Aerobics - Tyler 30 min	6:20pm Pool Yoga – Jen 30 min	6:20pm High Intensity Aerobics - Tyler 30 min		

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

*Shaded boxes are Swim Classes