



February 2025 - Facility Hours:

Mon. – Fri. 7:00am-7:00pm, Sat. 9:00am-1:00pm, Sun. 10:00am – 2:00pm

614-501-1461 – wrdharcum1@lec.org

Community Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:00am Arthritis Aquatics – Penney	10:00am Arthritis Aquatics – Tyler	9:00am Arthritis Aquatics - Penney	10:00am Arthritis Aquatics - Tyler	10:00am Arthritis Aquatics - Michelle	9:15am Gentle Flow Yoga - Jen
10:00am Fun Aqua Aerobics - Penney	11:00am Arthritis Friendly Weight Training Aquatics - Tyler	10:00am Fun Aqua Aerobics - Penney	11:00am Arthritis Friendly Weight Training Aquatics - Tyler	11:00am Arthritis Aquatics - Michelle <i>Residents Only</i>	10:00am Move and Groove – Tyler 30 min
11:00am Arthritis Aquatics - Michelle <i>Residents Only</i>	12:00pm High Intensity Aerobics Aquatics - Tyler	11:00am Arthritis Aquatics - Michelle <i>Residents Only</i>	11:00am Zumba® Gold – Cindi, <i>Kimes Chapel</i>	12:00pm Arthritis Friendly Weight Training Aquatics - Tyler	Prepaid Class 10:45am Stability Ball - Tyler
12:15pm Chair Yoga - Debbie	4:30pm Move and Groove – Tyler 30 min	11:30am Chair Yoga - Debbie	12:00pm High Intensity Aerobics Aquatics - Tyler	1:00pm Strength & Balance - Tyler	<u>Sunday</u>
4:30pm Gentle Flow Yoga – Debbie	5:00pm Move and Groove – Tyler 30 min	12:00pm Arthritis Friendly Weight Training Aquatics - Tyler	Prepaid Class 12:15pm Functional Mobility Training - Cindi	2:00pm Strength & Balance - Tyler	1:00pm Alignment Yoga – Jen <i>1st & 3rd Sundays only</i>
6:00pm High Intensity Aerobics Aquatics - Tyler	6:00pm High Intensity Aerobics Aquatics - Tyler	4:15pm Strength & Balance - Tyler	1:00pm Strength & Balance -Tyler	Prepaid Class 3:00pm Stability Ball - Tyler	
Prepaid Class 6:00pm Pilates - Jill		5:30pm Move and Groove – Tyler 30 min	Prepaid Class 2:00pm Delay the Disease - Kathy		
		6:00pm Cardio with Weights – Tyler 30 min	Prepaid Class 3:15pm Tai Chi - Kathy	<p>Register for classes on your smartphone with the <u>Mindbody App</u></p> <ul style="list-style-type: none"> • <i>Apple Users: “Mindbody: Fitness, Salon, & Spa”</i> • <i>Android Users: “Mindbody: Home Workout & Fitness App”</i> <p>Find us under “Wesley Ridge’s Harcum Fitness & Aquatic Center”</p>	
<ul style="list-style-type: none"> • Equipment Orientation held intermittently. Flyers will be displayed at front desk. • All classes are 45 min unless otherwise stated. • Shaded boxes are in the pool 			5:00pm Chair Yoga Sculpt – Jessica		
			6:00pm Aqua Groove – Cherie		

*Schedule subject to change



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Resident Schedule

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
10:30am Chair Exercise, BPC – Debbie	10:00am Feeling Fit 2, HC- Debbie <i>Shuttle Service Provided</i>	11:00am Arthritis Aquatics, HC – Michelle <i>Shuttle Service Provided</i>	10:00am Feeling Fit 2, HC- Debbie <i>Shuttle Service Provided</i>	10:30am Chair Exercise, BPC – Debbie	
11:00am Arthritis Aquatics, HC – Michelle <i>Shuttle Service Provided</i>	12:00pm Adaptive Feeling Fit, KC - Debbie		11:00am Zumba® Gold, KC -Cindi	11:00am Arthritis Aquatics, HC – Michelle <i>Shuttle Service Provided</i>	<u>Location Key:</u> ❖ HC = Harcum Center ❖ KC = Kimes Chapel ❖ T = Theater ❖ U = University Room ❖ BPC = Bishop Place Chapel
	1:00pm Chair Yoga, BPC – Debbie		12:00pm Adaptive Feeling Fit, KC – Debbie		
	2:00pm Workout with Debbie, HC		2:00pm Workout with Debbie, HC		

Open Swim Availability

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am – 8:45am	7:00am – 9:45am	7:00am – 8:45am	7:00am – 9:45am	7:00am – 9:45am	9:00am – 12:45pm	10:00am – 1:45pm**
12:00pm – 5:45pm	1:00pm – 5:45pm	1:00pm – 6:45pm**	1:00pm – 5:45pm	1:00pm – 6:45pm**		

*Lanes 1,2,3 for Lap Swimming, Lane 4 for Aerobic Swimming

**1 Lane may be reserved for Adult Swimming Lessons