



## January 2026 - Facility Hours:

Mon. – Fri. 7:00am-7:00pm, Sat. 8:00am-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 – Penny	10:00am Arthritis Aquatics – Tyler	9:00am Arthritis Aquatics – Penny	10:00am Arthritis Aquatics - Tyler	10:00am Arthritis Aquatics - Michelle	8:15am High Intensity Aerobics Aquatics Theresa
10:00am Fun Aqua Aerobics – Penny	11:00am Arthritis Friendly Weight Training Aquatics - Tyler	10:00am Fun Aqua Aerobics – Penny	11:00am Arthritis Friendly Weight Training Aquatics - Tyler	11:00am Arthritis Aquatics - Michelle	9:15am Gentle Flow Yoga - Jen
11:00am Arthritis Aquatics - Michelle	12:00pm High Intensity Aerobics Aquatics - Tyler	11:00am Arthritis Aquatics - Michelle	11:00am Zumba® Gold – Cindi, <i>Kimes Chapel</i>	12:00pm Arthritis Friendly Weight Training Aquatics - Tyler	10:00am Move and Groove – Tyler 30 min
12:00pm Chair Yoga – Debbie, <i>Kimes Chapel</i>	2:00pm Taekwondo – Emily, HC	11:30am Chair Yoga - Debbie	12:00pm High Intensity Aerobics Aquatics - Tyler	1:00pm Strength & Balance - Tyler	10:15am Chair Yoga Jen, <i>Kimes Chapel</i>
5:30pm Pilates & Gentle Flow Yoga – Jill	5:00pm Move and Groove – Tyler 30 min	12:30pm Strength & Cardio Aquatics - Tyler	<u>Prepaid Class</u> 12:15pm Functional Mobility Training - Cindi	2:00pm Strength & Balance – Tyler	<u>Prepaid Class</u> 10:30am Boot Camp Tyler- 30 min
6:00pm High Intensity Aerobics Aquatics - Tyler	6:00pm High Intensity Aquatics - Cherie	4:15pm Strength & Balance - Tyler	1:00pm Strength & Balance -Tyler	<u>Prepaid Class</u> 3:00pm Stability Ball Tyler- 30 min	
		5:30pm Move and Groove – Tyler 30 min	<u>Prepaid Class</u> 2:00pm Delay the Disease (Parkinsons) - Tyler		
		6:00pm Cardio with Weights – Tyler 30 min	5:30pm Chair Yoga Sculpt – Jessica	<u>Register for classes on your smartphone with the Mindbody App</u>  <i>“Mindbody: Fitness &amp; Wellness”</i>  Find us under “Wesley Ridge’s Harcum Fitness & Aquatic Center”	
<ul style="list-style-type: none"> <li>Equipment Orientation held intermittently. Flyers will be displayed at front desk.</li> <li>All classes are 45 min unless otherwise stated.</li> <li>Shaded boxes are in the pool</li> </ul>			6:00pm Aqua Groove – Cherie		



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\*Schedule subject to change

### 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 w/ Harcum Members, KC – Jen
10:30am Chair Exercise, BPC – Debbie	12:00pm Adaptive Feeling Fit, KC – Debbie	11:00am Arthritis Aquatics, HC – Michelle <i>Shuttle Service Provided</i>	11:00am Zumba® Gold, KC – Cindi	10:30am Chair Exercise, BPC – Debbie	
11:00am Arthritis Aquatics, HC – Michelle <i>Shuttle Service Provided</i>	2:00pm Taekwondo w/ Harcum Members, – Emily, HC	10:30am Chair Exercise, BPC – Debbie	12:00pm Adaptive Feeling Fit, KC – Debbie	11:00am Arthritis Aquatics, HC – Michelle <i>Shuttle Service Provided</i>	<b><u>Location Key:</u></b> ❖ HC = Harcum Center ❖ KC = Kimes Chapel ❖ T = Theater ❖ U = University Room ❖ BPC = Bishop Place Chapel
12:00pm Chair Yoga w/ Harcum Members, KC – Debbie	2:45pm Workout with Debbie, HC		2:00pm Delay the Disease (Parkinsons), HC – Tyler 60 min		
			2:45pm Workout with Debbie, HC		

### Classroom Availability for Hourly Pickleball

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00am – 3:00pm	7:00am – 12:00pm 2:00pm – 4:00pm	1:00pm – 3:00pm	7:00am – 12:00pm	4:00pm – 7:00pm	12:00pm – 1:00pm	10:00am – 1:00pm

### 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\*\*Lanes may be reserved for our Therapy Department or Adult Swimming Lessons