



March 2024 - 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Arthritis Aquatics - Penney	10:00am Arthritis Aquatics - Penney	9:00am Arthritis Aquatics - Penney	10:00am Arthritis Aquatics - Tyler	10:00am Aerobic Pool Party - Penney	9:15am Gentle Flow Yoga - Jen
10:00am Fun Aqua Aerobics - Penney	11:00am Arthritis Friendly Weight Training - Tyler	10:00am Fun Aqua Aerobics - Penney	11:00am Arthritis Friendly Weight Training - 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>	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 - Tyler	
12:00pm Musical Strength Training Aquatics - Penney	<u>Prepaid Class w/Tyler</u> 1:00pm Strength & Cardio+	11:30am Chair Yoga - Debbie	12:00pm High Intensity Aerobics Aquatics - Tyler	1:00pm Strength & Balance - Tyler	
1:00pm Chair Yoga - Debbie	5:00pm Move and Groove – Tyler	12:00pm Arthritis Friendly Weight Training - Tyler	1:00pm Strength & Balance - Tyler	Register for classes on your smartphone with the Mindbody App <ul style="list-style-type: none"> Apple Users: “Mindbody: Fitness, Salon, & Spa: Android Users: “Mindbody: Home Workout & Fitness App” Find us under “Wesley Ridge’s Harcum Fitness & Aquatic Center”	
4:45pm Gentle Flow Yoga – Debbie 60 min	6:00pm High Intensity Aerobics Aquatics - Tyler	4:15pm Strength & Balance - Tyler	<u>Prepaid Workshop w/Kathy</u> 2:00pm Delay the Disease		
6:00pm High Intensity Aerobics Aquatics - Tyler		5:30pm Move and Groove - Tyler	5:00pm Gentle Flow Yoga - Jessica		
			6:00pm High Intensity Aerobics Aquatics - Tyler		

*Equipment Orientation & Pickleball Orientation held intermittently. Fliers will be displayed at the front desk for dates.

*Shaded boxes are Swim Classes



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

- Thursdays: No Feeling Fit 2 on 2nd Thursday of the month. No Chair Yoga on 3rd Thursday of the month.

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**
1:00pm – 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