The Harcum
FITNESS & AQUATIC CENTER

November 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Arthritis Aquatics – Cherie	10:00am Arthritis Aquatics – Tyler	9:00am Arthritis Aquatics – Cherie	10:00am Arthritis Aquatics - Tyler	10:00am Arthritis Aquatics - Michelle	8:15am High Intensity Aerobics Aquatics Theresa
10:00am Fun Aqua Aerobics – Cherie	11:00am Arthritis Friendly Weight Training Aquatics - Tyler	10:00am Fun Aqua Aerobics – Cherie	11:00am Arthritis Friendly Weight Training Aquatics - Tyler	11:00am Arthritis Aquatics Resident Plus - Michelle	9:15am Gentle Flow Yoga - Jen
11:00am Arthritis Aquatics Resident Plus - Michelle	12:00pm High Intensity Aerobics Aquatics - Tyler	11:00am Arthritis Aquatics Resident Plus- Michelle	11:00am Zumba® Gold – Cindi, *Kimes Chapel*	12:00pm Arthritis Friendly Weight Training Aquatics - Tyler	10:00am Move and Groove – Tyler 30 min
12:00pm Chair Yoga – Debbie, *Kimes Chapel*	12:00pm 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, *Kimes Chapel*
5:30pm Pilates & Gentle Flow Yoga– Jill	5:00pm Move and Groove – Tyler 30 min	12:30pm Strength & Cardio Aquatics - Tyler	Prepaid Class $20 12:15pm Functional Mobility Training - Cindi	2:00pm Strength & Balance – Tyler	Prepaid Class $50 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	Prepaid Class $30 3:00pm Stability Ball Tyler- 30 min	**Sunday**
		5:30pm Move and Groove – Tyler 30 min	Prepaid Class $30 2:00pm Delay the Disease (Parkinsons) - Tyler		1:00pm Alignment Yoga – Jen *2nd & 4th Sundays only*
		6:00pm Toning with Weights and Cardio Tyler- 30 min	5:00 pm Zumba Lift - Cherie	Register for classes on your smartphone with the Mindbody App *"Mindbody: Fitness & Wellness"* Find us under "Wesley Ridge's Harcum Fitness & Aquatic Center"	
• 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			6:00pm Aqua Zumba – Cherie		

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*Schedule subject to change

Resident Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Feeling Fit 1, HC – Debbie *Shuttle Service Provided*	9:30am Balance Training, KC – Debbie	9:30am Feeling Fit 1, HC – Debbie *Shuttle Service Provided*	9:30am Balance Training, KC – Debbie	9:30am Feeling Fit 1, HC – Debbie *Shuttle Service Provided*	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 *Shuttle Service Provided*	11:00am Zumba® Gold, KC – Cindi 12:15pm Functional Mobility Training - Cindi	10:30am Chair Exercise, BPC – Debbie	
11:00am Arthritis Aquatics, HC – Michelle *Shuttle Service Provided*	12:00pm 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 *Shuttle Service Provided*	***Location Key:*** ❖ HC = Harcum Center ❖ KC = Kimes Chapel ❖ T = Theater ❖ U = University Room ❖ BPC = Bishop Place Chapel
12:00pm Chair Yoga w/ Harcum Members, KC – Debbie	2:00pm Workout with Debbie, HC		2:00pm Delay the Disease (Parkinsons), HC – Tyler 60 min		
1:30pm Power Moves, KC – Debbie			2:00pm 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