

# JULY 2021

## Medical Fitness Center Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>10:00 Chair Yoga</b>	2 <b>9:00 Walking HIIT</b>	3
4	5	6 <b>10:00 Vinyasa Yoga</b>	7 <b>12:00 Total Body Chair</b>	8 <b>10:00 Chair Yoga</b>	9	10
11	12 <b>12:00 Total Body Chair</b>	13 <b>10:00 Vinyasa Yoga</b>	14 <b>10:00 Total Body Chair</b>	15 <b>10:00 Chair Yoga</b>	16 <b>9:00 Walking HIIT</b>	17
18	19 <b>12:00 Total Body Chair</b>	20 <b>10:00 Vinyasa Yoga</b>	21 <b>12:00 Total Body Chair</b>	22 <b>10:00 Chair Yoga</b>	23 <b>9:00 Walking HIIT</b>	24
25	26 <b>12:00 Total Body Chair</b>	27 <b>10:00 Vinyasa Yoga</b>	28 <b>12:00 Total Body Chair</b>	29 <b>10:00 Chair Yoga</b>	30 <b>9:00 Walking HIIT</b>	31
<p><b>DUE to social distancing, for the safety of our members, we are limited to 9 members per class (both land and pool). Please talk to a staff member or call the Medical Fitness Center at 717-316-3488 to be added to a class list. If you are unable to attend the class, please call the MFC to cancel, which will allow another member to attend. Thank you for your understanding – Medical Fitness Center Staff.</b></p>						

**UPDATED FACILITY HOURS**  
**MONDAY – THURSDAY: 6AM – 6PM**  
**FRIDAY: 6AM – 12PM**  
**SATURDAY: 6AM – 10AM**

# July 2021

## Medical Fitness Center Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>7:00 – 7:30</b> Open <b>7:30 – 8:15</b> Strength and Stretch <b>8:15 – 9:30</b> Open <b>10:30 – 11:15</b> Arthritis Plus <b>11:15 - 1:00</b> Open <b>3:00 – 4:15</b> Open <b>4:15 – 5:00</b> Tidal Waves	<b>7:00 – 9:30</b> Open <b>11:00 – 11:45</b> Butts and Guts <b>11:45 – 1:00</b> Open <b>1:00 – 1:30</b> Lap Swim Only <b>3:00 – 4:15</b> Open <b>4:15 – 5:00</b> Sea Circuit	<b>7:00 – 7:30</b> Open <b>7:30 – 8:15</b> Strength and Stretch <b>8:15 – 9:30</b> Open <b>10:30 – 11:15</b> Arthritis Plus <b>11:15 - 1:00</b> Open <b>3:00 – 4:15</b> Open <b>4:15 – 5:00</b> Mind/Body	<b>7:00 – 9:30</b> Open <b>11:00 – 11:45</b> Strength and Stretch <b>11:45 – 1:00</b> Open <b>1:00 – 1:30</b> Lap Swim Only <b>3:00 – 4:15</b> Open <b>4:15 – 5:00</b> Sea Circuit	<b>7:00 – 7:30</b> Open <b>7:30 – 8:15</b> Strength and Stretch <b>8:15 – 9:30</b> Open <b>9:30 – 10:15</b> Arthritis <b>10:15 - 11:30</b> Open	<b>7:00 – 7:30</b> Lap Swim Only <b>7:30 – 8:15</b> Strength and Stretch <b>8:15 – 9:00</b> Open

LAP SWIM – 3 MEMBERS ONLY PER SESSION

ALL CLASSES WITH THE EXCEPTION OF LAP SWIM – 9 MEMBERS PER SESSION