

Fitness Center Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 a.m. Total Body Chair	9 a.m. H.I.I.T 10 a.m. Vinyasa Yoga	10 a.m. Total Body Chair	10 a.m. Chair Yoga	6 a.m. to noon Open	6 to 10 a.m. Open

Pool Class Schedule

Lap Swim – **3** members only per session
All classes (except for lap swim) are limited to **12** members per session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 to 7:30 a.m. Open	7 to 9:30 a.m. Open	7 to 7:30 a.m. Open	7 to 9:30 a.m. Open	7 to 7:30 a.m. Open	7 to 7:30 a.m. Lap Swim "Only"
7:30 to 8:15 a.m. Strength and Stretch	11 to 11:45 a.m. Butts and Guts	7:30 to 8:15 a.m. Strength and Stretch	11 to 11:45 a.m. Strength and Stretch	7:30 to 8:15 a.m. Strength and Stretch	7:30 to 8:15 a.m. Strength and Stretch
8:15 to 9:30 a.m. Open	11:45 a.m. to 1 p.m. Open	8:15 to 9:30 a.m. Open	11:45 a.m. to 1 p.m. Open	8:15 to 9:30 a.m. Open	8:15 to 9:30 a.m. Open
11 to 11:45 a.m. Arthritis Plus	1 to 1:30 p.m. Lap Swim Only	11 to 11:45 a.m. Arthritis Plus	1 to 1:30 p.m. Lap Swim Only	9:30 to 10:15 a.m. Arthritis Plus	
11:45 a.m. to 1:30 p.m. Open	3 to 4:15 p.m. Open	11:45 a.m. to 1:30 p.m. Open	3 to 4:15 p.m. Open	10:15 to 11:30 a.m. Open	
3 to 4:15 p.m. Open	4:15 to 5 p.m. Sea Circuit	3 to 4:15 p.m. Open	4:15 to 5 p.m. Sea Circuit		
4:15 to 5 p.m. Tidal Waves		4:15 to 5 p.m. Mind/Body			

Due to social distancing and for the safety of our members, we are limited to **12** 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.

