


February

MFC: (717) 316-3488

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chair Yoga 10:00am	2	3
4	5 Total Body Chair 10:00am	6 Vinyasa Yoga 10:00am	7 Exercise Surprise 10:00am	8 Chair Yoga 10:00am	9	10
11	12 Total Body Chair 10:00am	13 Vinyasa Yoga 10:00am	14 Walking HIIT 10:00am 	15 Chair Yoga 10:00am	16	17
18	19 Total Body Chair 10:00am	20 Vinyasa Yoga 10:00am	21 Exercise Surprise 10:00am	22 Chair Yoga 10:00am	23	24
25	26 Total Body Chair 10:00am	27 Vinyasa Yoga 10:00am	28 Walking HIIT 10:00am Staff Meeting: Pool Closed 1-3 & Facility Closed 1:30-2:30	29 Chair Yoga 10:00am		



February 2024



*** POOL SCHEDULE ***

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

Pool is closed Mondays-Thursdays 9:30am-11:00am and 1:30pm-3:00pm.