

## Fitness Center Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10 a.m.</b> Total Body Chair	<b>10 a.m.</b> Vinyasa Yoga	<b>10 a.m.</b> Exercise Surprise	<b>10 a.m.</b> Chair Yoga	<b>6 a.m. to noon</b> Open	<b>6 to 10 a.m.</b> Open

## Pool Class Schedule

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

For the safety of our members we still require masks in the Medical Fitness Center, including the gym, locker rooms, 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.

