

May

(717) 316-3488



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise Surprise 10:00am	2 Chair Yoga 10:00am	3	4
5	6 Total Body Chair 10:00am	7 Vinyasa Yoga 10:00am	8 Exercise Surprise 10:00am Wellness Rounding 12:00pm	9 Chair Yoga 10:00am	10	11
12	13 Total Body Chair 10:00am	14 Vinyasa Yoga 10:00am	15 Exercise Surprise 10:00am	16 Chair Yoga 10:00am	17	18
19	20 Total Body Chair 10:00am	21 Vinyasa Yoga 10:00am	22 Exercise Surprise 10:00am MFC Closed 11:00-2:00 MFC Picnic at Moul Field 11:30-1:30	23 Chair Yoga 10:00am	24	25
26	27  CLOSED Happy Memorial Day	28 S.L.I.M. 10:00am	29 Exercise Surprise 10:00am	30 Chair Yoga 10:00am	31	

Monday-Thursday 6am-6pm, Friday 6am-12pm, Saturday 6am-10am and closed Sunday.

May 2024

POOL SCHEDULE

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



Monday-Thursday 9:30am-11:00am and 1:30pm-3:00pm pool is closed.