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**HEALTH & FITNESS CENTER**

Pool Schedule – February 2021

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
7:00a	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
8:00a	Aqua Challenge	Open Pool	Aqua Challenge	Open Pool	Open Pool
9:00a	Open Pool	Arthritis	Open Pool	Arthritis	Open Pool
10:00a	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
Closed for Deep Clean					
1:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
2:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
3:00p	Aqua Aerobics	Water Workout	Aqua Aerobics	Water Workout	Aqua Aerobics
4:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
5:00p	Open Pool	Open Pool	Open Pool	Open Pool	
6:00p	Open Pool	Open Pool	Open Pool	Open Pool	

**Fitness Room Exercise**

**Current Available Classes:** (45 min. classes)

Instructors Choice	Tues/Thurs 8:00a
Yoga	Fri 9:00a
Floor, Core & More	Mon/Wed 9:10a
SilverSneakers	Mon 10:15a
Spin with Jen	Mon/Wed 5:00p
Spin and Fit	Tues 5:00p
Zumba	Monday 5:30p
Yoga Stretch	Tuesday 5:30p
Pound Fit	Wednesday 5:30p
Instructors Choice	Thursday 5:30p

**Closings:** 2/15/2021 Presidents' Day



Both Lancaster Parks Health & Fitness Center and Olivedale Senior Citizens of Fairfield County.

**HEALTH & FITNESS CENTER HOURS**

**M-TH 7:00a-11:00a 1:00p—7:00p**

**Friday 7:00a-11:00a 1:00p—5:00p**

**Closed Daily for deep clean 11:00a-1:00p**

Due to a limited number of participants in each class due to COVID-19 guidelines, a prior registration is required. Please contact us for availability at 740-687-6655 during business hours.