

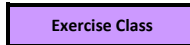
**Philadelphia Protestant Home
Schedule
Effective 10/01/2019**



PPH Wellness Programs - POOL Schedule

TIME	Monday 8am - 8pm	Tuesday 1pm - 8pm	Wednesday 8am - 8pm	Thursday 1pm - 8pm	Friday 8am - 4pm	Saturday 9am - 4pm	Sunday NOON - 4pm
8 - 9:00am	Open Swim	Pool Closed	Open Swim	Pool Closed	Open Swim 8-10	Pool Closed	Pool Closed
9 - 9:30am						Open Swim	
9:30-10:30a	AquaPPhit		AquaPPhit		Silver & Fit 10am Joint Effort (Arthritis)	AquaPPhit 10-11am	
10:45-11:45	Body Motion (Arthritis)		Body Motion (Arthritis)		Open Swim	Water Walk 11-2	
12:00-1:00	Pool Closed		Pool Closed		Pool Closed		
1:00-2:30	Water Walk	Waterwalk	Water Walk	Waterwalk	Water Walk 1-2:30pm	AquaPPhit 1pm - 2pm	
2:30-3:30	HydroPPhit	HydroPPhit	Open Swim	Open Swim	Open Swim 2:30-3pm	Water Walk FAMILY SWIM	
3:30-4:30	Open Swim 3:30-6PM	Open Swim	HydroPPhit 3:45-430		LAP-PY HOUR (LAP SWIM ONLY) 3-4pm	Lap Swim 3-4	2-4 NO LAPS
4:30-6:00		AquaPPhit 4:45 - 5:45pm	Open Swim 4:45-8PM	AquaPPhit 4:45 - 5:45pm	Pool Closed	Pool Closed	Pool Closed
6:00-7:00	AquaPPhit	Open Swim					
7:00-8:00	Open Swim	Volleyball		Volleyball			

LEGEND:



PPH Wellness Programs - LAND Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00am						WELLNESS CENTER HOURS: Community & Prime Members: Mon-Fri 6AM - 8PM Sat & Sun 8AM - 4PM Silver Sneakers & Silver & Fit Members: Mon-Sun 8AM - 4PM Twilight Membership M-F 4:30 - 8PM Sat & Sun 8AM - 4PM Inquire about pricing Ask about Swim Lessons and POOL PARTIES	
9:30-10:30	Silver Sneaker® Chair Yoga 9:30-10:30	SIT PPHIT 9:30 - 10:30		SIT PPHIT 9:30 - 10:30	Silver & Fit Gentle YOGA 10-11		
10:00-11:00	Geri-Active Pathways 4th Fl 10:30-11	SilverSneaker® Classic 10:15-11		SilverSneaker® Classic 10:15-11			
11:00 - NOON	MS Yoga 11-12						
12:00-12:30	Get Outside and Walk!			YogaPPHIT Pool Deck 12-1			
1:00-2:00			Silver & Fit Tai Chi 1-2		Mid Day Stretch 1:30-2:15pm		
1:30-2:00	Mid Day Stretch 1:30-2:15pm						
2:00-2:30			Mid Day Stretch 2-2:45				
4:30-5:30							

* All Classes held in GateWay Rec Room on Lower Level

LEGEND:

