

Medical Fitness Program AQUATIC (Pool) Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medi-Fit / Well – Fit 7-8 am	Medi-Fit / Well – Fit 7-8 am	Medi-Fit / Well – Fit 7-8 am	Medi-Fit / Well – Fit 7-8 am	Medi-Fit / Well – Fit 7-8 am	
	Arthritis Aquatics 10:30-11:30 am		Arthritis Aquatics 10:30-11:30 am		Medi-Fit / Well – Fit 9-10am Back to Basics 10-11am
Body Better H2O 11-12 pm	Medi-Fit / Well – Fit 11:30-12:30pm	Body Better H2O 11-12 pm	Medi-Fit / Well – Fit 11:30-12:30pm	Body Better H2O 11-12 pm	
Medi-Fit / Well – Fit 12 – 1 pm	Body Better H2O 12:30-1:30pm	Medi-Fit / Well – Fit 12 – 1 pm	Body Better H2O 12:30-1:30pm	Arthritis Aquatics 12 – 1 pm	
		Medi-Fit / Well – Fit 4-5 pm		Medi-Fit / Well – Fit 4-5 pm	
		Arthritis Aquatics PLUS 5-6 pm			
	Medi-Fit/Well-Fit 6-7 pm	Aquatics for Survivors 6 –7 pm Must be registered through the Victory Center	Medi-Fit/Well- Fit 6-7 pm		
Arthritis Aquatics Plus 6:30-7:30pm	GO H2O 7 – 8 pm		GO H2O 7 – 8 pm		

Medical Fitness Program CLINIC (Land) Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Schedule	7:00 am-12:00 pm	7:00 am-12:00 pm	7:00 am-12:00 pm	7:00 am-12:00 pm	7:00 am – 12:00 pm	Closed
PM Schedule	1:00 pm-8:30 pm	1:00 pm-8:30 pm	1:00 pm-4:00 pm	1:00 pm-8:30 pm	1:00 pm-4:00 pm	Closed

Arthritis Foundation Tai Chi (Dana) – Tuesdays - 12:15 – 1:00pm
 Body Better—Land (Jennifer) – Monday and Friday - 12:15-1:00pm
 Zumba Gold (Lauren) – Wednesdays - 12:00-1:00pm
 Delay the Disease (Cara) – Thursdays - 10:00 – 11:00am (\$40 for 8 classes)