



Medical Fitness Program Aquatic (Pool) Schedule

MON	TUES	WED	THURS	FRI
Medi-Fit/ Well-Fit 7 - 8:00am	Medi-Fit/ Well-Fit 7 - 8:00am	Medi-Fit/ Well-Fit 7 - 8:00am	Medi-Fit/ Well-Fit 7 - 8:00am	Medi-Fit/ Well-Fit 7 - 8:00am
	Arthritis Aquatics 10:30 - 11:30am	Body Better H2O 11:00am - 12:00pm	Arthritis Aquatics 10:30 - 11:30am	SS Splash 11:00am - 12:00pm
Body Better H2O 11:00am - 12:00pm	Medi-Fit/ Well-Fit 11:30am - 12:30pm	Medi-Fit/ Well-Fit 12 - 1:00pm	Medi-Fit/ Well-Fit 11:30am - 12:30pm	Arthritis Aquatics 12 - 1:00pm
Medi-Fit/ Well-Fit 12 - 1:00pm	Body Better H2O 12:30- 1:30pm	Medi-Fit/ Well-Fit 4 - 5:00pm	Body Better H2O 12:30- 1:30pm	Medi-Fit/ Well-Fit 4 - 5:00pm
	Medi-Fit/ Well-Fit 6 - 7:00pm	Medi-Fit/ Well-Fit 5 - 6:00pm	Medi-Fit/ Well-Fit 6 - 7:00pm	
Arthritis Aquatics Plus 6:30 - 7:30pm	GO H2O 7 - 8:00PM	Aquatics for Survivors 6 - 7:00pm <small>Must be registered through the Victory Center</small>	GO H2O 7 - 8:00pm	

**All
Classes
Lead by
Instructor,
Except
Medi-Fit/
Well-Fit**
(Independent,
but supervised
exercise).



Medical Fitness Program Clinic (Land) Schedule

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

Arthritis Foundation Tai Chi (Dana) | Tuesdays | 12:15 - 1:00pm
 Silver Sneakers Yoga (Dana) | Fridays | 12:15 - 1:00pm
 Zumba Gold (Lauren) | Wednesdays | 12 - 1:00pm

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