



MEDICAL FITNESS PROGRAM SCHEDULE

Medical Fitness Program Aquatic Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM	Medi-Fit / Well-Fit (Mary Pat)		Medi-Fit / Well-Fit (Mary Pat)		Medi-Fit / Well-Fit (Mary Pat)
7:30 AM		Medi-Fit / Well-Fit (Pat P.)		Medi-Fit / Well-Fit (Pat P.)	
10:30 AM		Arthritis Aquatics (Suzette)		Arthritis Aquatics (Suzette)	
11:00 AM	Back to Basics (Suzette)		Body Better H2O (Karen)		Arthritis Aquatics (Suzette)
11:30 PM		Medi-Fit / Well-Fit (Suzette)		Medi-Fit / Well-Fit (Suzette)	
12:00 PM	Medi-Fit / Well-Fit (Pat P.)		Medi-Fit / Well-Fit (Pat P.)		Medi-Fit / Well-Fit (Jennifer)
12:30 PM		Body Better H2O (Suzette)		Body Better H2O (Suzette)	
4:00 PM			Medi-Fit / Well-Fit (Jennifer)		Medi-Fit / Well-Fit (Jennifer)
6:30 PM	Arthritis Aquatics Plus (Jennifer)	Medi-Fit / Well-Fit (Cara)	Arthritis Aquatics Plus (Jennifer)	Medi-Fit / Well-Fit (Cara)	

Medical Fitness Program Clinic Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
AM Schedule	7:00 am-12:00 pm	7:00 am-12:00 pm	7:30 am-12:00 pm	7:00 am-12:00 pm	7:30 am-12:00 pm
PM Schedule	1:00 pm-8:30 pm	1:00 pm-8:30 pm	1:00 pm-5:00 pm	1:00 pm-8:30 pm	1:00 pm-5:00 pm

Arthritis Foundation Tai Chi– Class times To Be Determined