





TIME	MON	TUE	WED	THU	FRI	SAT
8:00 AM	Cancer R&R  8:00 AM - 9:00 AM	Drivers Program* Massage*	Drivers Program*	AlterG* 8:00 AM - 1:30 PM <i>30- to 60-mins with Kory</i>	AlterG* 8:00 AM - 1:30 PM <i>30- to 60-mins with Kory</i>	Cancer R&R  8:00 AM - 9:00 AM
9:00 AM	Chair Yoga  9:30 AM - 10:30 AM			Chair Yoga  9:30 AM - 10:30 AM	Acupuncture* 9:00 AM - 4:00 PM <i>1-hr session with Dr. Low</i>	
10:00 AM		Strength & Balance  10:00 AM - 11:00 AM				
11:00 AM	Group Swim  11:30 AM - 12:30 PM 12:30 PM - 1:30 PM				Group Swim  11:30 AM - 12:30 PM 12:30 PM - 1:30 PM	
12:00 PM		AlterG* 12:00 PM - 1:30 PM <i>30- to 60-mins with Kory</i>				
1:00 PM				Acupuncture* 1:00 PM - 5:00 PM <i>1-hr session with Dr. Hodge</i>	Cardiac Circuit  1:30 PM - 2:30 PM 2:30 PM - 3:30 PM	
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						