

# August 2018 – Open Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	<b>2</b> 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	<b>3</b> 9:00-11:00am	<b>4</b>
<b>5</b>	<b>6</b> 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	<b>7</b> 1:00-4:00pm	<b>8</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	<b>9</b> 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	<b>10</b> 9:00-11:00am	<b>11</b>
<b>12</b>	<b>13</b> 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	<b>14</b> **2:30-4:30pm	<b>15</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	<b>16</b> **2:30-4:30pm	<b>17</b> 9:00-11:00am	<b>18</b>
<b>19</b>	<b>20</b> 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	<b>21</b> 1:00-4:00pm	<b>22</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	<b>23</b> 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	<b>24</b> 9:00-11:00am	<b>25</b>
<b>26</b>	<b>27</b> 9:00- 11:00am 1:00- 4:00pm Balance & Strength @ 2:00pm	<b>28</b> 1:00-4:00pm	<b>29</b> 9:00- 11:00am 1:00- 4:00pm Sit & Be Fit @ 3:00pm	<b>30</b> 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	<b>31</b> 9:00- 11:00am	

August 13-17 is Patient Appreciation Week at Crescent!  
Be sure to check out what is going on all week at the clinic. There will be games, prizes, food, etc!