

August 2018 – Open Gym Schedule

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