

ANTELOPE MEMORIAL HOSPITAL WELLNESS JULY 2010

AQUACISE
STARTS WEDNESDAY - JULY 7TH
LAP SWIM
6:00 A.M. - MONDAY
WEDNESDAY - THURSDAY
WATER WALKING
6:00 A.M. - MONDAY
WEDNESDAY - THURSDAY
(NEED A MINIMUM OF 6 PEOPLE)

CRAZY 8 CHALLENGE
SWIM A TOTAL OF 8 MILE

MOMMIE & ME
ONLY ONE WEEK
JULY 5 UNTIL JULY 9
(NEED A MINIMUM OF 6 PEOPLE)

AQUACISE
STARTS MONDAY
JULY 12 UNTIL AUGUST 12
9:00 P.M. - 9:45 P.M.
MONDAY, WEDNESDAY & THURSDAY
(NEED A MINIMUM OF 6 PEOPLE)

WELLNESS ROOM MONDAY THROUGH FRIDAY
8:00 A.M. - 5:00 P.M.
PLEASE CALL FOR AN APPOINTMENT

