

TIME	MON	TUE	WED	THU	FRI
7 am		REHAB R&R 7:00 am - 8:00 am		REHAB R&R 7:00 am - 8:00 am	
8 am	Phase III Member Access 8:00 am - 5:00 pm	Phase III Member Access 8:00 am - 5:00 pm	Phase III Member Access 8:00 am - 5:00 pm	Phase III Member Access 8:00 am - 5:00 pm	Phase III Member Access 8:00 am - 5:00 pm
9 am		REHAB R&R 8:30 am - 9:30 am		REHAB R&R 8:30 am - 9:30 am	
		* AlterG (30- to 60-mins) 9:00 am - 2:00 pm		* AlterG (30- to 60-mins) 9:00 am - 3:30 pm	* Acupuncture 9:00 am - 4:00 pm
		* Massage (60-mins+) 9:30 am - 4:30 pm			* AlterG 9:00 am - 1:30 pm
10 am		Strength & Balance 10:00 am - 11:00 am		Strength & Balance 10:00 am - 11:00 am	
	REHAB R&R 10:30 am - 11:30 am		REHAB R&R 10:30 am - 11:30 am		
11 am	Group Swim 11:30 am - 12:30 pm				Group Swim 11:30 am - 12:30 pm
12 pm	Group Swim 12:30 am - 1:30 pm		Cardiac Circuit Challenge 12:30 pm - 1:30 pm		Group Swim 12:30 am - 1:30 pm
1 pm				* Acupuncture 1:00 pm - 5:00 pm	Cardiac Circuit Challenge 1:30 pm - 2:30 pm
2 pm					Cardiac Circuit Challenge 2:30 pm - 3:30 pm
3 pm					
4 pm					
5 pm	REHAB R&R 4:30 pm - 5:30 pm				REHAB R&R 4:30 pm - 5:30 pm

* by Appointment Only

Wellness Gym

Weinberg Courtyard Lanai

Beatrice Lum Luke Therapy Pool

Effective: 6/28/2019
Schedule subject to change