



ON-GOING WELLNESS PROGRAMS @ MAFC

*See the Novant Health Wellness Center Nurses
for Program Information and Registration*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am - 6:20am		*Early Bird Water Aerobics		*Early Bird Water Aerobics	
9:00am - 9:50am		*Trekking for Your Brain			
10:30am - 11:30am		***Power Up! Parkinson's Exercise		***Power Up! Parkinson's Exercise	
11:00am - 12:00pm				***Aquatic Exercise for Injury Support	
12:00pm - 1:00pm	3rd Monday of each month: *Parkinson's Support Group				

***Open Programs:** Early Bird Water Aerobics & Parkinson's Support Group & Trekking for Your Brain

*****Registration Required Programs:** Power Up! Parkinson's Exercise & Aquatic Exercise for Injury Support