

Gym Hours: 716.282.2888
 Monday: 7:00am-9:30pm
 Tuesday: 7:00am-6:30pm
 Wednesday: 7:00am-9:30pm
 Thursday: 7:00am-6:30pm
 Friday: 7:00am-7:00pm
 Saturday: 8:00am-12:00pm
 Sunday: 8:00am-12:00pm



Advanced Care
 PHYSICAL THERAPY, AQUATIC & FITNESS CENTER
 Personal care that gets you results.

**August 2013
 GROUP FITNESS
 SCHEDULE**

Visit our website www.advancedcarephysicaltherapy.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1.	2. 11:00-11:30am Balance & Fit	3.
5. 11:00-11:30am Balance & Fit 5:30-6:30pm \$5 Aqua	6.	7. 11:00-11:30am Balance & Fit 5:30-6:30pm \$5 Aqua	8.	9. 11:00-11:30am Balance & Fit	10.
12. 11:00-11:30am Balance & Fit 5:30-6:30pm \$5 Aqua	13.	14. 11:00-11:30am Balance & Fit 5:30-6:30pm \$5 Aqua	15.	16. 11:00-11:30am Balance & Fit	17.
19. 11:00-11:30am Balance & Fit 5:30-6:30pm \$5 Aqua	20.	21. 11:00-11:30am Balance & Fit 5:30-6:30pm \$5 Aqua	22.	23. 11:00-11:30am Balance & Fit	24.
26. 11:00-11:30am Balance & Fit 5:30-6:30pm \$5 Aqua	27. 4:30-5:30 \$10 Yoga	28. 11:00-11:30am Balance & Fit 5:30-6:30pm \$5 Aqua	29.	30.	31.

AQUA POOL CLASS: A 60 Min total body workout in our 92 deg. pool! **\$5 WALK IN RATE OR BUY 4 CLASSES FOR \$15**
BALANCE & FIT FLOOR CLASS: A 30 minute class designed for beginners of all ages with weights and cardio based training
HATHA YOGA: A 60 min beginner to advanced yoga class for all. **\$10 WALK IN RATE OR BUY 10 CLASSES FOR \$80**