



# NMCSD

Naval Medical Center San Diego



## December 2021

\*WarOps is an extensive exercise program to include: Strength, Mobility, Flexibility and Endurance.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Hiking 10-1200 WAROPS 0630 & 1130 WARP STRENGTH & MOBILITY 0900	<b>2</b> WAROPS 0630 WARP STRENGTH & MOBILITY 0900	<b>3</b> WAROPS 0630 & 1130 WARP STRENGTH & MOBILITY 0900
<b>5</b> 	<b>6</b> WAROPS 0630 & 1130 WARP STRENGTH & MOBILITY 0900	<b>7</b> Wheelchair Basketball 5-7pm WAROPS 0630 WARP STRENGTH & MOBILITY 0900	<b>8</b> Hiking 10-1200 WAROPS 0630 & 1130 WARP STRENGTH & MOBILITY 0900	<b>9</b> Rock Climbing 10-12 WAROPS 0630 WARP STRENGTH & MOBILITY 0900	<b>10</b> WAROPS 0630 & 1130 WARP STRENGTH & MOBILITY 0900
<b>12</b> 	<b>13</b> WAROPS 0630 & 1130 WARP STRENGTH & MOBILITY 0900	<b>14</b> Wheelchair Basketball 5-7pm WAROPS 0630 WARP STRENGTH & MOBILITY 0900	<b>15</b> Hiking 10-1200 WAROPS 0630 & 1130 WARP STRENGTH & MOBILITY 0900	<b>16</b> Equine Therapy 11-13 WAROPS 0630 WARP STRENGTH & MOBILITY 0900	<b>17</b> WAROPS 0630 & 1130 WARP STRENGTH & MOBILITY 0900
<b>19</b> 	<b>20</b> WARP STRENGTH & MOBILITY 0900	<b>21</b> Wheelchair Basketball 5-7pm WARP STRENGTH & MOBILITY 0900	<b>22</b> Hiking 10-1200 WARP STRENGTH & MOBILITY 0900	<b>23</b> 	<b>24</b>
<b>26</b> 	<b>27</b> WAROPS 0630 & 1130 WARP STRENGTH & MOBILITY 0900	<b>28</b> Wheelchair Basketball 5-7pm WAROPS 0630 WARP STRENGTH & MOBILITY 0900	<b>29</b> Hiking 10-1200 WAROPS 0630 & 1130 WARP STRENGTH & MOBILITY 0900	<b>30</b> WAROPS 0630 WARP STRENGTH & MOBILITY 0900	

### CONTACT FOR INFORMATION:

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