



NMCS D

Naval Medical Center San Diego

May 2022



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>	<p>2</p> <p>WAROPS 0630 & 1130</p> <p>WARP STRENGTH & MOBILITY 0900</p>	<p>3</p> <p>Tennis 1200-1330</p> <p>WAROPS 0630</p> <p>Wheelchair Basketball 5-7pm</p>	<p>4</p> <p>1-day Equine therapy 11-2pm</p> <p>Golf 1130-1300</p> <p>WARP STRENGTH & MOBILITY 0900</p> <p>WAROPS 0630 & 1130</p>	<p>5</p> <p>Equine Therapy-NTC Point Loma 10-1300</p> <p>Hiking 10-1200</p> <p>WAROPS 0630</p>	<p>6</p> <p>Hiking 10-1200 Zoo Hike</p> <p>WAROPS 0630 & 1130</p>
<p>8</p>	<p>9</p> <p>WAROPS 0630 & 1130</p> <p>WARP STRENGTH & MOBILITY 0900</p>	<p>10</p> <p>Tennis 1200-1330</p> <p>Wheelchair Basketball 5-7pm</p> <p>WAROPS 0630</p> <p>WARP YOGA 0830</p>	<p>11</p> <p>Golf 1130-1300</p> <p>WAROPS 0630 & 1130</p> <p>WARP STRENGTH & MOBILITY 0900</p>	<p>12</p> <p>Hiking 10-1200</p> <p>SUP 10-12 pm</p> <p>WAROPS 0630</p>	<p>13</p> <p>Hiking 0700-10</p> <p>WAROPS 0630 & 1130</p>
<p>15</p>	<p>16</p> <p>WAROPS 0630 & 1130</p> <p>WARP STRENGTH & MOBILITY 0900</p>	<p>17</p> <p>Tennis 1200-1330</p> <p>Wheelchair Basketball 5-7pm</p> <p>WAROPS 0630</p> <p>WARP YOGA 0830</p>	<p>18</p> <p>Golf 1130-1300</p> <p>WAROPS 0630 & 1130</p> <p>WARP STRENGTH & MOBILITY 0900</p>	<p>19</p> <p>Hiking 10-1200</p> <p>WAROPS 0630</p>	<p>20</p> <p>Hiking 0700-10</p> <p>WAROPS 0630 & 1130</p>
<p>22</p>	<p>23</p> <p>WAROPS 0630 & 1130</p> <p>WARP STRENGTH & MOBILITY 0900</p>	<p>24</p> <p>Tennis 1200-1330</p> <p>Wheelchair Basketball 5-7pm</p> <p>WAROPS 0630</p> <p>WARP YOGA 0830</p>	<p>25</p> <p>Golf 1130-1300</p> <p>WAROPS 0630 & 1130</p> <p>WARP STRENGTH & MOBILITY 0900</p>	<p>26</p> <p>Hiking 10-1200</p> <p>WAROPS 0630</p>	<p>27</p> <p>Hiking 10-1200 Zoo Hike</p> <p>WAROPS 0630 & 1130</p>
<p>29</p>	<p>30</p> <p>WAROPS 0630 & 1130</p> <p>WARP STRENGTH & MOBILITY 0900</p>	<p>31</p> <p>Tennis 1200-1330</p> <p>Wheelchair Basketball 5-7pm</p> <p>WAROPS 0630</p>			<p>VIRTUAL ZOO TOUR*</p> <p>5/28 0830-0930 AM PST</p>

CONTACT FOR INFORMATION: Please Contact Scott Sutton To Participate

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