



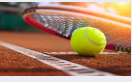
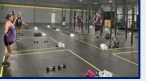
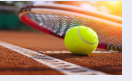
NMCS D

Naval Medical Center San Diego

March 2022



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					 1 Hiking 10-1200 Zoo Hike  WAROPS 0630 & 1130 
	 4 WAROPS 0630 & 1130  WARP STRENGTH & MOBILITY 0900	 5 Tennis 1200-1330  Wheelchair Basketball 5-7pm  WAROPS 0630  WARP YOGA 0830	 6 Golf 1130-1300  WAROPS 0630 & 1130  WARP STRENGTH & MOBILITY 0900	 7 Hiking 10-1200  Equine Therapy 11-13  WAROPS 0630	 8 Hiking 0700-10  WAROPS 0630 & 1130
	 10 WAROPS 0630 & 1130  WARP STRENGTH & MOBILITY 0900	 11 Tennis 1200-1330  Wheelchair Basketball 5-7pm  WAROPS 0630  WARP YOGA 0830	 12 Golf 1130-1300  WAROPS 0630 & 1130  WARP STRENGTH & MOBILITY 0900	 13 Hiking 10-1200  WAROPS 0630	 14 Hiking 0700-10  WAROPS 0630 & 1130
	 15 WAROPS 0630 & 1130  WARP STRENGTH & MOBILITY 0900	 16 Tennis 1200-1330  Wheelchair Basketball 5-7pm  WAROPS 0630	 17 Golf 1130-1300  WAROPS 0630 & 1130  WARP STRENGTH & MOBILITY 0900	 18 Hiking 10-1200  WAROPS 0630	 19 Hiking 10-1200  WAROPS 0630 & 1130 
	 20 WAROPS 0630 & 1130  WARP STRENGTH & MOBILITY 0900	 21 Tennis 1200-1330  Wheelchair Basketball 5-7pm  WAROPS 0630  WARP YOGA 0830	 22 Golf 1130-1300  WARP STRENGTH & MOBILITY 0900  WAROPS 0630 & 1130	 23 Rock Climbing 10-12  Hiking 10-1200  WAROPS 0630	 24 Hiking 10-1200 Zoo Hike  WAROPS 0630 & 1130

CONTACT FOR INFORMATION: Please Contact Scott Sutton To Participate

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