



ARTHRITIS PROGRAMS

Preregistration required. Cost: \$39, FREE for Fitness Plus members. The Cape Girardeau Senior Citizens' Service Fund Board provides some scholarships to Cape County residents 60 years and older that have a financial need. If you qualify, please ask for an application when preregistering.

Please call 573-331-5303 to enroll.

A physician's release is required for participation in the program.

Classes are located in Health and Wellness Center (Entrance 8) at Saint Francis Medical Center, 150 S. Mount Auburn Road, Cape Girardeau, Mo.

For more information, please call Toni Craft at 573-331-5303.

DEEP WATER H2O

Recreation Pool

Tuesday and Thursday, 10-11 am

WARM WATER AQUATICS

Therapy Pool

Monday, Wednesday and Friday, 7-8 am
Monday, Wednesday and Friday, Noon-1 pm
Monday, Wednesday and Friday, 5:30-6:30 pm
Tuesday and Thursday (option of M/W/F), Noon-1 pm

Recreation Pool

Monday, Wednesday and Friday, 7-8 am
Monday, Wednesday and Friday, 10-11 am
Monday, Wednesday and Friday, 11 am-noon

FITNESS PLUS GUEST PASS – Arthritis Programs Flier

This pass* entitles you to **two visits** to Fitness Plus, the region's premier medical fitness facility.

**One guest pass per person per year*

