



SPAULDING
REHABILITATION HOSPITAL

CAPE COD

**PD HIT (High Intensity Training)
program at Body Strong- dates for
2017**

**Winter 2017: January 11th - February 17th
2017**

Wednesday:	Friday:
January 11 th	January 13 th
January 18 th	January 20 nd
January 25 th	January 27 th
February 1 st	February 3 rd
February 8 th	February 10 th
February 15 th	February 17 th

Spring 2017: April 19th - May 26th 2017

Wednesday:	Friday:
April 19 th	April 21 st
April 26 th	April 28 th
May 3 rd	May 5 th
May 10 th	May 12 th
May 17 th	May 19 th
May 24 th	May 26 th

**Summer 2017: August 2nd - September 8th
2017**

Wednesday:	Friday:
August 2 nd	August 4 th
August 9 th	August 11 th
August 16 th	August 18 th
August 23 rd	August 25 th
August 30 th	September 1 st
September 6 th	September 8 th

**Fall 2017: October 25th - December 1st
2017:**

Wednesday:	Friday:
October 25 th	October 27 th
November 1 st	November 3 rd
November 8 th	November 10 th
November 15 th	November 17 th
November 22 nd	off: November 24 th
November 29 th	December 1 st
December 6 th	