


# Marymount Hospital Employee Wellness Activity Calendar

## March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 BODY BLAST SWIPE ACCESS 7P-MID	2 WW 7:15a/11:45a- cardiac rehab classroom 11:30 -5:30 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	3 WW 3:45p- cafe 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 BODY BLAST 430-530 ZUMBA SWIPE ACCESS 7P-MID	4 11:30 -5:30 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	5 345-430 BODYBLAST SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00P-MIDNIGHT	6 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00P-MIDNIGHT
7 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT	8 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 BODY BLAST SWIPE ACCESS 7P-MID	9 WW 7:15a/11:45a- cardiac rehab classroom COOKING DEMO 11:45&12:30 11:30 -5:30 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	10 WW 3:45p-cafe 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 BODY BLAST 430-530 ZUMBA SWIPE ACCESS 7P-MID	11 11:30 -5:30 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	12 345-430 BODYBLAST SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00P-MIDNIGHT	13 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT
14 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT	15 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 BODY BLAST SWIPE ACCESS 7P-MID	16 WW 7:15a/11:45a- cardiac rehab classroom 11:30 -5:30 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	17  WW 3:45p-cafe 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 BODY BLAST 430-530 ZUMBA SWIPE ACCESS 7P-MID	18 11:30 -5:30 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	19 345-430 BODYBLAST SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00P-MIDNIGHT	20 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT
21 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT	22 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 BODY BLAST SWIPE ACCESS 7P-MID	23 WW 7:15a/11:45a- cardiac rehab classroom 11:30 -5:30 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	24 WW 3:45p-cafe 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 BODYBLAST 430-530 ZUMBA SWIPE ACCESS 7P-MID	25 11:30 -5:30 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	26 345-430 BODYBLAST SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00P-MIDNIGHT	27 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT
28 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT	29 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 BODY BLAST SWIPE ACCESS 7P-MID	30 WW 7:15a/11:45a- cardiac rehab classroom 11:30 -5:30 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	31 WW 3:45p-cafe 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 BODYBLAST 430-530 ZUMBA- make up SWIPE ACCESS 7P-MID			

CALL JOE BONDI at extension 3649

FOR SWIPE CARD ACCESS TO CARDIAC REHAB ROOM DURING EXPANDED HOURS

**Cardiac Rehab Access is unavailable on M-W-F from 6:00am – 6:30 pm due to Patient Care**