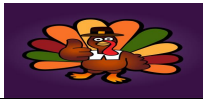


Marymount Hospital Employee Wellness Activity Calendar November 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 Swiss ball Tone It SWIPE ACCESS7P-MID	3 WW 7:15a/11:45a Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	4 WW 3:45p 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 Swiss ball Tone It 430-530 U should B Dancing SWIPE ACCESS7P-MID	5 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	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 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT	9 Healthy Cooking11:45&12:30 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 Swiss ball Tone It SWIPE ACCESS7P-MID	10 WW 7:15a/11:45a Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	11 WW 3:45p 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 Swiss ball Tone It 430-530 U should B Dancing SWIPE ACCESS7P-MID	12 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	13 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00P-MIDNIGHT	14 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT
15 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT	16 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 Swiss ball Tone It SWIPE ACCESS7P-MID	17 WW 7:15a/11:45a Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	18 WW 3:45p 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 Swiss ball Tone It 430-530 U should B Dancing SWIPE ACCESS7P-MID	19 Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	20 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00P-MIDNIGHT	21 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT
22 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT	23 NO GET FIT CLASSES SWIPE ACCESS7P-MID	24 WW 7:15a/11:45a Circuit Training Cardiac Rehab Room SWIPE ACCESS 7A-MID	25 WW 3:45p NO GET FIT CLASSES SWIPE ACCESS7P-MID	26 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7A-MID HAPPY THANKSGIVING 	27 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00P-MIDNIGHT	28 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT
29 SWIPE ACCESS ONLY Circuit Training Cardiac Rehab Room 7:00a-MIDNIGHT	30 12-1230 Swiss Ball Tone It 1-130 Lower Body Tone It 2-230 Tai Chi 345-430 Swiss ball Tone It SWIPE ACCESS7P-MID					31

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