

MARYMOUNT HOSPITAL'S EMPLOYEE WELLNESS-GET FIT PROGRAMS LOCATED IN THE REHAB GYM AND THE TRUDELL CENTER GYM

July thru September

FREE for Marymount employees

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
	TAKE	THE	STEPS	FOR	WELLNESS	
	HEART WALK AUGUST 15		HEART WALK AUGUST 15		HEART WALK AUGUST 15	
		Cardiac Room ONLY		Cardiac Room ONLY		
	<i>Walking club to start as soon as the weather permits</i>					
11:30- 12:30		Circuit Train		Circuit Train		
12:00 -12:30	Swiss Ball Tone It	Circuit Train	Swiss Ball Tone It	Circuit Train		
12:30-1:00		Circuit Train		Circuit Train		
1:00-1:30	Lower Body Tone It	Circuit Train	Lower Body Tone It	Circuit Train		
1:30-2:00		Circuit Train		Circuit Train		
2:00-2:30	Tai Chi		Tai Chi			
3:00-5:30		Circuit Train		Circuit Train		
3:45- 4:30	Swiss Ball Tone It		Swiss Ball Tone It			
4:00-5:00				Yoga- Aud B		
4:30-5:30			Zumba-AUD(fee)			
Extended Access	7:00p-Mid	7:00a -Mid	7:00p-Mid	7:00a -Mid	7:00p-Mid	7:00a -Mid
<p>The extended hours for GET FIT in the cardiac rehab room are MWF 7p-midnight;TTH 7a -midnight; Sat/Sun 7a-midnight Contact Joe Bondi at ext 3649 to schedule mandatory expanded access utilization orientation.</p>						