

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

September thru December

**FREE for Marymount employees**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
	<b>TAKE</b>	<b>THE</b>	<b>STEPS</b>	<b>FOR</b>	<b>WELLNESS</b>	
	Diabetes Step Out October 3		Diabetes Step Out October 3		Diabetes Step Out October 3	
		Cardiac Room ONLY		Cardiac Room ONLY		
<b>7:15</b>		WeightWatchers cardiac rehab				
<b>11:30- 12:30</b>		Circuit Train		Circuit Train		
<b>11:45</b>		WeightWatchers cardiac rehab				
<b>12:00 -12:30</b>	Swiss Ball Tone It	Circuit Train	Swiss Ball Tone It	Circuit Train		
<b>12:30-1:00</b>		Circuit Train		Circuit Train		
<b>1:00-1:30</b>	Lower Body Tone It	Circuit Train	Lower Body Tone It	Circuit Train		
<b>1:30-2:00</b>		Circuit Train		Circuit Train		
<b>2:00-2:30</b>	Tai Chi		Tai Chi			
<b>3:00-5:30</b>		Circuit Train		Circuit Train		
<b>3:45- 4:30</b>	Swiss Ball Tone It		Swiss Ball Tone It			
<b>3:45</b>			WeightWatchers back of cafe			
<b>4:00-5:00</b>				Yoga- Aud B		
<b>4:30-5:30</b>			U Should B Dancing-AUD(fee)			
<b>Extended Access</b>	<b>7:00p-Mid</b>	<b>7:00a -Mid</b>	<b>7:00p-Mid</b>	<b>7:00a -Mid</b>	<b>7:00p-Mid</b>	<b>7:00a -Mid</b>
<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>						