

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

January thru March

FREE for Marymount employees

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TAKE	THE	STEPS	FOR	WELLNESS	
10:00 -11:00						
		Cardiac Room ONLY		Cardiac Room ONLY		
11:30- 12:15						
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	BODYBLAST 1/18/10		BODYBLAST		BODYBLAST	
4:00-5:00				Yoga- Aud B		
4:30-5:30			ZUMBA (fee required)1/20/10			
Extended Access	7:00p-Mid	7:00a -Mid	7:00p-Mid	7:00a -Mid	7:00p-Mid	7:00a -Mid
The extended hours for GET FIT in the cardiac rehab room are MWF 7p-midnight;TTH 7a -midnight; Sat/Sun 7a-midnight						

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

April thru June

FREE for Marymount employees

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TAKE	THE	STEPS	FOR	WELLNESS	
	<i>RELAY FOR LIFE</i>		<i>HEART WALK</i>		<i>STEP OUT FOR DIABETES</i>	
		Cardiac Room ONLY		Cardiac Room ONLY		
11:30- 12:30						
12:00 -12:30						
12:30-1:00						
1:00-1:30						
1:30-2:00						
2:00-2:30						
3:00-5:30						
3:45- 4:30						
4:00-5:00						
4:30-5:30						

GET FIT AT MARYMOUNT EMPLOYEE WELLNESS PROGRAMS
CLASS DESCRIPTIONS:

- YOGA- Learn relaxation techniques for the body and mind.
Wear clothes appropriate for mat based gentle stretches and relaxation. For beginners and advanced practitioners who want to wind down.
- ZUMBA Zumba eliminates the work from working out by combining latin music with dynamic, simple exercise moves. Participants are engaged and entertained with rhythms including salsa, samba, merengue, cumbia belly dancing and reggaeton.
- LO IMPACT A low impact aerobics class using a step and light weights. Designed to let participants exercise at their own pace
- TONE IT- A program using light weights and exercise bands for a total body workout.
- WEIGHT TRAINING A strength training class using free weights and machines. Class to be held at the Outpatient Care Center in the Rehab Services Outpatient PT Department
- SWISS BALL- A total body work out using the Swiss Ball
- CIRCUIT- A more challenging class designed to increase strength and cardiovascular endurance. Participants will use our Batca machine as well as the treadmills and bikes. There will also be a flexibility component to this class.
- BODYBLAST A total body work out to high energy music. Cardio-Core- Strengthening
Using medicine ball,swiss ball,dumbells, steps
- TAI CHI- is a passive exercise that combines physical movement and breathing to provide strength, flexibility, and a sense of inner calmness
- Core&Lower Body Tone It a strengthening and flexibility workout focusing on the lower body and abdominals

For More info call Joe at ext 3649

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	
		Cardiac Room ONLY		Cardiac Room ONLY		
11:30- 12:30						
12:00 -12:30						
12:30-1:00						
1:00-1:30						
1:30-2:00						
2:00-2:30						
3:00-5:30						
3:45- 4:30						
4:00-5:00						
4:30-5:30						
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>						

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.
	TAKE	THE	STEPS	FOR	WELLNESS	
		Cardiac Room ONLY		Cardiac Room ONLY		
7:15						
11:30- 12:30						
11:45						
12:00 -12:30						
12:30-1:00						
1:00-1:30						
1:30-2:00						
2:00-2:30						
3:00-5:30						
3:45- 4:30						
3:45						
4:00-5:00						
4:30-5:30						
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>						