



Cardiovascular Rehabilitation Education Class Schedule *July 2018*

Mon, Wed, Fri: 9:15, 11:15, 2:15, 3:15

Tues & Thurs: 9:15 & 11:15

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2	3	4 <i>Closed</i> Happy 4 th of July	5	6
9 <i>Anatomy of the Heart</i> 	10 <i>Anatomy of the Heart</i> 	11	12	13
16 <i>Physiology of the Heart</i> 	17 <i>Physiology of the Heart</i> 	18	19	20
23	24	25	26	27
30	31			

*Strength training is offered each day Monday through Friday,
unless otherwise indicated*

*Class schedule can also be found at:
<http://carsontahoe.com/cardiac-rehabilitation>*