



Cardiovascular Rehabilitation Education Class Schedule

July 2019

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>
1	2	3	4 <i>Closed</i> Happy 4 th of July	5
8	9	10 <i>STRESS REDUCTION</i> 	11 <i>STRESS REDUCTION</i> 	12
15 <i>Anatomy of the Heart</i> 	16 <i>Anatomy of the Heart</i> 	17	18	19
22 <i>Physiology of the Heart</i> 	23 <i>Physiology of the Heart</i> 	24	25	26
29	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>*