








Cardiovascular Rehabilitation Education Class Schedule



Mon, Wed, Fri: 9:15, 11:15, 2:15, 3:15
 Tues & Thurs: 9:15 & 11:15

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Physiology of the Heart 	5 Physiology of the Heart 	6	7	8
11 Closed 	12	13 Heart Healthy Holidays 	14 Heart Healthy Holidays 	15
18	19	20	21	22
25	26	27	28 Closed 	29 Closed 

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

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