

Cardiovascular Rehabilitation Education Class Schedule

October 2018

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

Tues & Thurs: 9:15 & 11:15



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10 Support Group 	11 Support Group 	12
15	16 Exercise For Your Heart 	17 Exercise For Your Heart 	18	19
22	23	24	25	26 <i>Closed</i> 
29	30	31 STRESS REDUCTION 		

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

Class schedule can also be found at:

<http://carsontahoe.com/cardiac-rehabilitation>