

February Clinic Events



2022

NEW HORIZON MEDICAL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
		1	2	3	4	5 Yoga /Barre *All fitness levels welcome 60 Minutes 9 AM			
6 	7	8	9 Group Ex 2 Patient Max 30 Minutes 9 AM & 10 AM	10 Zoom Support Group w/ Megan 5:30 PM "Breathing Easy": Self Care & Managing Stress	11 Group Ex 2 Patient Max 30 Minutes 8 AM & 10 AM	12 Zoom w/ Dr. Humayon Lifestyle Medicine 10 AM	13 Yoga /Barre *All fitness levels welcome 60 Minutes 9 AM	14 Group Ex 2 Patient Max 30 Minutes 7:30 AM 8 AM & 10:30 AM	
15	16	17	18 Group Ex 2 Patient Max 30 Minutes 9 AM & 11 AM	19 Staff Appreciation Day	20 Cooking Class w/ Erin 5:30 PM "For the Love of Cooking" (Waiting Room)	21 Group Ex 2 Patient Max 30 Minutes 8 AM, 9 AM & 10 AM	22 Group Ex 2 Patient Max 30 Minutes 8 AM, 9 AM & 10 AM	23 Yoga/ Barre *All fitness levels welcome 60 Minutes 9 AM	24 Group Ex 2 Patient Max 30 Minutes 7:30 AM 8 AM & 10:30 AM
25	26	27	28	29	30	31			
20	21	22	23	24 Nutrition Class w/ Sarah 6:30 PM "Live Heart Smart" (Waiting Room)	25	26 Party Pump *All fitness levels welcome 60 Minutes			
27	28								

ROCK THE RED
for American Heart Month

Join the Fight, Treat Your Heart Right

Live Healthy. Stay Young at Heart

IT'S TIME FOR A HEART-TO-HEART ABOUT HEART HEALTH

HEART EXERCISE FITNESS
LIFE RUN WORKOUT
WELLNESS
MOTIVATE
LOVE YOUR HEART
HEALTHY HABITS
STRONG KNOW YOUR NUMBERS
NO EXCUSES

