

# December 2025



If you need to cancel your  
scheduled attendance  
please call us at 405-628-6765



**OKLAHOMA  
HEART HOSPITAL**

PROUDLY PHYSICIAN OWNED

## Outpatient Cardiac Rehabilitation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 <b>Cooking Class</b> 10:45 12:15, 2:15, 3:30, 5	2 Pritikin Video	3 <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	4 Pritikin Video	5 <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	6
7	8 <b>Nutrition Workshop Menus and Dining Out</b>	9 <b>Cooking Class</b> 9:15, 10:45 12:15, 2:15, 3:30	10 <b>Healthy Mindset Workshop Mindfulness for Heart Health</b>	11 <b>Cooking Class</b> 9:15, 10:45 12:15, 2:15, 3:30	12 <b>Exercise Workshop Exercise Basics OR Cooking Class</b> 9:15, 10:45, 12:15, 2:15, 3:30	13
14	15 <b>Cooking Class</b> 10:45 12:15, 2:15, 3:30, 5	16 Pritikin Video	17 <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	18 Pritikin Video	19 <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	20
21	22 <b>Nutrition Workshop Targeting Nutrition Priorities CAD and Hypertension</b>	23 <b>Cooking Class</b> 9:15, 10:45 12:15, 2:15, 3:30	24 Closed 		25 Closed 	26 <b>Exercise Workshop Balance and Fall Prevention OR Cooking Class</b> 9:15, 10:45, 12:15, 2:15, 3:30
28	29 <b>Cooking Class</b> 10:45 12:15, 2:15, 3:30, 5	30 Pritikin Video	31 <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	1 Closed 	2 <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	3
4	<b>Class Times</b>					
	Exercise: Monday- Friday		7 AM, 8:30AM, 10 AM, 11:30AM		1:15PM, 2:45PM, 4:15 PM, 5:45PM	
	Yoga: Please see separate calendar		Times will vary		Times will vary	
	Resistance Training: Fridays Only		7 AM, 8:30AM, 10 AM, 11:30AM		1:15PM, 2:45PM, 4:15 PM, 5:45PM	
	Education Workshop/Pritikin Video		8:00AM, 9:15AM, 10:45AM		12:15PM, 2:15PM, 3:30PM, 5 PM	