

January 2026

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 |
|------------------------------------|--|---|---|---|--|----------|
| 28 | 29 Cooking Class 10:45 12:15, 2:15, 3:30, 5 | 30 Pritikin Video | 31 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30 | 1 Closed <i>Happy New Year</i> | 2 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30 | 3 |
| 4 | 5 Nutrition Workshop Targeting Nutrition Priorities Diabetes and Weight Management | 6 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30 | 7 Healthy Mindset Workshop Healthy Sleep for a Healthy Heart | 8 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30 | 9 Exercise Workshop Exercise Biomechanics OR Cooking Class 9:15, 10:45, 12:15, 2:15, 3:30 | 10 |
| 11 | 12 Cooking Class 10:45 12:15, 2:15, 3:30, 5 | 13 Pritikin Video | 14 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30 | 15 Pritikin Video | 16 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30 | 17 |
| 18 | 19 Nutrition Workshop Label Reading | 20 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30 | 21 Healthy Mindset Workshop Focused Goals, Sustainable Change | 22 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30 | 23 Exercise Workshop Your Path to a Healthier Heart OR Cooking Class 9:15, 10:45, 12:15, 2:15, 3:30 | 24 |
| 25 | 26 Cooking Class 10:45 12:15, 2:15, 3:30, 5 | 27 Pritikin Video | 28 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30 | 29 Pritikin Video | 30 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30 | 31 |
| Class Times | | | Morning | | Afternoon | |
| Exercise: Monday through 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 AM, 9:15AM, 10:45AM | | 12:15PM, 2:15 PM, 3:30PM, 5 PM | |