

February 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
1	2 Nutrition Workshop Mindful Eating	3 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30	4 Healthy Mindset Workshop From Head to Heart: The Power of a Healthy Outlook	5 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30	6 Exercise Workshop Medications and the Power of Lifestyle OR Cooking Class 9:15, 10:45, 12:15, 2:15, 3:30	7
8	9 Cooking Class 10:45 12:15, 2:15, 3:30, 5	10 Pritikin Video	11 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30	12 Pritikin Video	13 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30	14
15	16 Nutrition Workshop Fueling a Healthy Body	17 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30	18 Healthy Mindset Workshop Recognize and Reduce Stress	19 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30	20 Exercise Workshop Exercise Basics OR Cooking Class 9:15, 10:45, 12:15, 2:15, 3:30	21
22	23 Cooking Class 10:45 12:15, 2:15, 3:30, 5	24 Pritikin Video	25 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30	26 Pritikin Video	27 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30	28
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			8AM, 9:15AM, 10:45AM		12:15PM, 2:15 PM, 3:30PM, 5 PM	