

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9am Coffee Time 10am Zumba 11am Meditation 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Circuit Training 11am Streching 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Special Activity 11am 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Social Time 11am 1pm Recovery 2pm Training 1:1 3pm Training 1:1
7	8	9	10	11
9am 10am 11am Labor Day 1pm 2pm 3pm	9am Coffee Time 10am Zumba 11am Meditation 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Circuit Training 11am Streching 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Special Activity 11am 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Social Time 11am 1pm Recovery 2pm Training 1:1 3pm Training 1:1
14	15	16	17	18
9am Coffee Time 10am Mobility Time 11am Meditation 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Zumba 11am Meditation 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Circuit Training 11am Streching 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Special Activity 11am 1pm HES Dra. Raidelys Camejo	9am Coffee Time 10am Social Time 11am 1pm Recovery 2pm Training 1:1 3pm Training 1:1
21	22	23	24	25
9am Coffee Time 10am Mobility Time 11am Meditation 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Zumba 11am Meditation 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Circuit Training 11am Streching 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Special Activity 11am 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Social Time 11am 1pm Recovery 2pm Training 1:1 3pm Training 1:1
28	29	30		
9am Coffee Time 10am Mobility Time 11am Meditation 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Zumba 11am Meditation 1pm Recovery 2pm Training 1:1 3pm Training 1:1	9am Coffee Time 10am Circuit Training 11am Streching 1pm Recovery 2pm Training 1:1 3pm Training 1:1		



SPECIAL EVENTS

Sep 17th
Time: 1:00 PM
Health Educational Series
Dr. Raidelys Camejo
Power Up against Cancer



@imamedicalgroup

*Physical Exercises
*Social
*Arts & Crafts
*Educational

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1	2	3	4
	9am Cafecito 10am Zumba 11am Meditacion 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Cafecito 10am Circuito de Fuerza 11am Estiramiento 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Cafecito 10am Actividad Espec. 11am 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Coffee Time 10am Tiempo Social 11am 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1
7	8	9	10	11
9am 10am 11am 1pm 2pm 3pm	9am Cafecito 10am Zumba 11am Meditacion 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Cafecito 10am Circuito de Fuerza 11am Estiramiento 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Cafecito 10am Actividad Espec. 11am 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Coffee Time 10am Tiempo Social 11am 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1
14	15	16	17	18
9am Cafecito 10am Movilidad 11am Meditacion 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Cafecito 10am Zumba 11am Meditacion 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Cafecito 10am Circuito de Fuerza 11am Estiramiento 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Cafecito 10am Actividad Espec. 11am 1pm HES Dra. Raidelys Camejo	9am Coffee Time 10am Tiempo Social 11am 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1
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9am Cafecito 10am Movilidad 11am Meditacion 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Cafecito 10am Zumba 11am Meditacion 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Cafecito 10am Circuito de Fuerza 11am Estiramiento 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Cafecito 10am Actividad Espec. 11am 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1	9am Coffee Time 10am Tiempo Social 11am 1pm Recuperacion 2pm Entrena 1:1 3pm Entrena 1:1
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EVENTOS ESPECIALES

Sep 17
 Hora: 1:00 PM
 Charla Educativa con
 Dr. Raidelys Camejo
 Activate contra el Cancer



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*Ejercicios
 *Social
 *Manualidades
 *Educativa