

get fit

LOS ANGELES MEDICAL CENTER

October 2019

All activities on this calendar are FREE
and require no registration!

GET FIT AND HAVE FUN | lamc-ca.kp.org
NEW CLASS—Walking Meditation !

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Find tools and tips for healthy living at</p> <p>kp.org/healthyworkforce</p>	<p>1 TAKE THE STAIRS</p> <p>12:15 pm Salsa Dance 1:15 pm 1515 N. Vermont Ave, Conference Center Room 5</p> <p>12:30 pm Latin and R & B 1:30 pm Hip Hop Line Dancing 4867 Sunset, 2nd Fl Healing Garden</p>	<p>2 GET ENOUGH SLEEP</p> <p>12:00 pm Tai Chi and Qui Gon 1:00 pm 4867 Sunset, 2nd Fl Healing Garden</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>	<p>3 EAT YOUR VEGGIES</p> <p>12:15 pm Zumba 1:15 pm 4867 Sunset, 6th Fl CR 6 A /B</p>	<p>4 AVOID ADDED SUGAR</p> <p>2:30 pm Gentle Yoga 1:00 pm 1515 N. Vermont Ave, Conference Center Room 5</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>
<p>7 STRETCH YOUR MUSCLES</p> <p>12:30 pm Meditation Yoga 1:30 pm 4867 Sunset, 6th Fl CR 6 A /B</p> <p>12:30 pm Salsa Dance 1:30 pm 1515 N. Vermont Ave, Conference Center Room 5</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>	<p>8 TAKE THE STAIRS</p> <p>12:30 pm Latin and R & B 1:30 pm Hip Hop Line Dancing 4867 Sunset, 2nd Fl Healing Garden</p>	<p>9 EAT MINDFULLY</p> <p>12:00 pm Tai Chi and Qui Gon 1:00 pm 4867 Sunset, 2nd Fl Healing Garden</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>	<p>10 STRETCH YOUR MUSCLES</p> <p>6:45 am Walking Meditation ★ 7:30 am 4867 Sunset, 2nd Fl Healing Garden</p> <p>12:15 pm Zumba 1:15 pm 4867 Sunset, 6th Fl CR 6 A /B</p>	<p>11 EAT YOUR FRUITS</p> <p>12:30 pm Gentle Yoga 1:00 pm 1515 N. Vermont Ave, Conference Center Room 5</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>
<p>14 STAY HYDRATED</p> <p>12:30 pm Meditation Yoga 1:30 pm 4867 Sunset, 6th Fl CR 6 A /B</p> <p>12:30 pm Salsa Dance 1:30 pm 1515 N. Vermont Ave, Conference Center Room 8</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>	<p>15 TAKE THE STAIRS</p> <p>12:30 pm Latin and R & B 1:30 pm Hip Hop Line Dancing 4867 Sunset, 2nd Fl Healing Garden</p>	<p>16 STAY HYDRATED</p> <p>12:00 pm Tai Chi and Qui Gon 1:00 pm 4867 Sunset, 2nd Fl Healing Garden</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>	<p>17 GET ENOUGH SLEEP ★</p> <p>6:45 am Walking Meditation ★ 7:30 am 4867 Sunset, 2nd Fl Healing Garden</p> <p>12:30 pm Zumba 1:30 pm 4867 Sunset, 6th Fl CR 6 A /B</p>	<p>18 EAT MINDFULLY</p> <p>12:30 pm Gentle Yoga 1:00 pm 1515 N. Vermont Ave, Conference Center Rooms 8 & 9</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>
<p>21 EAT YOUR VEGGIES</p> <p>12:30 pm Meditation Yoga 1:30 pm 4867 Sunset, 6th Fl CR 6 A /B</p> <p>12:30 pm Salsa Dance 1:30 pm 1515 N. Vermont Ave, Conference Center Room 5</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>	<p>22 TAKE THE STAIRS</p> <p>12:30 pm Latin and R & B 1:30 pm Hip Hop Line Dancing 4867 Sunset, 2nd Fl Healing Garden</p>	<p>23 ONE MINUTE MEDITATION</p> <p>12:00 pm Tai Chi and Qui Gon 1:00 pm 4867 Sunset, 2nd Fl Healing Garden</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>	<p>24 AVOID ADDED SUGAR</p> <p>12:30 pm Zumba 1:30 pm 4867 Sunset, 6th Fl CR 6 A /B</p>	<p>25 STAY HYDRATED</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>
<p>28 STAY HYDRATED</p> <p>12:30 pm Meditation Yoga 1:30 pm 4867 Sunset, 6th Fl CR 6 A /B</p> <p>12:30 pm Salsa Dance 1:30 pm 1515 N. Vermont Ave, Conference Center Room 8</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>	<p>29 TAKE THE STAIRS</p> <p>12:30 pm Latin and R & B 1:30 pm Hip Hop Line Dancing 4867 Sunset, 2nd Fl Healing Garden</p>	<p>30 EAT YOUR FRUITS</p> <p>12:00 pm Tai Chi and Qui Gon 1:00 pm 4867 Sunset, 2nd Fl Healing Garden</p> <p>5:30 pm Boot Camp 6:30 pm 4867 Sunset, 2 North Conference Center</p>	<p>31 AVOID ADDED SUGAR</p> <p>12:30 pm Zumba 1:30 pm 4867 Sunset, 6th Fl CR 6 A /B</p> 	<p>COMING SOON</p> <p> KAISER PERMANENTE.</p> <p>20 GET FIT 19 FESTIVAL</p> <p>Walk. Run. Pedal. Party.</p> <p>Saturday November 2, 2019</p>