



Mount Sinai “Do-It!” Program Group Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	Independent FES Bike Program Monday Through Friday 9:00AM-5:00PM				
10:30					
11:00	Weight Training		Weight Training		Wheelchair Mobility
11:30	11:00AM-12:30PM	Computer Education	11:00AM-12:30PM		11:00AM-12:00PM
12:00		11:30AM-12:30PM			Weight Training
12:30	Mat Mobility		Transition Group & Luncheon		Aerobics Class
1:00	12:00-1:30PM		12:00-1:30PM KCC269		SCI Support
1:30					1:00PM-2:00PM
2:00			Spin Class		
2:30			2:00PM-3:00PM		
3:00			Women’s Group		<p><i>All classes will take place in the outpatient Gym (5 East 102nd St) unless otherwise stated</i></p> <p><i>For any additional questions, please call (212) 241-4477 & ask about the DO-IT! Program</i></p>
3:30			3:00PM-4:00PM		
4:00					
4:30					
5:00					
5:30					