

# Cardiac Wellness Program



The Cardiac Wellness Program is a fitness class specifically designed for patients who have completed a Cardiac Rehabilitation Program and desire to continue their health improvement goals within a professionally supervised and guided fitness class. The class will consist of a maximum of eight participants per class to ensure a safe environment. The participants will be monitored by Exercise Physiologists.

Each class participant will be prescribed a specific exercise regimen based on their individual health status and their unique fitness goals. To safeguard each participant the staff will monitor the participants blood pressure, heart rate, and blood oxygen levels before and after exercise. Additionally, the staff will monitor these vitals during exercise on an as needed basis.

This program will include a variety of exercises that are designed to improve balance, cardiovascular function, and musculoskeletal fitness at a level that is specifically stratified to the ability of the individual class participants.

**\$125 per month • Monday, Wednesday, Friday • Time: 2:30 p.m. • Medical clearance required**

## Other Services

• \$35 Monthly Memberships (*by appointment only*) • Personal Training • Fitness Classes

**Please call the Cary Grossman Health & Wellness Center for more information at 561-263-5775.**