

MEDICAL GROUP FITNESS

Specialized Fitness for Targeted Outcomes



**See back page for class descriptions*

Class Offerings

Balance & Mobility Series

Strength & Mobility

Balance & Mobility (land & pool options)

Cardiac Strength Series

Cardiac Strength & Step

Cardiac Pump & Spin

Cardiac Strength & Conditioning

Parkinson's Disease Series

Parkinson's Exercise Class

Parkinson's Exercise w/ Assistance

Bone & Joint Series

Osteoporosis Exercise Group

KOALA & Arthritis

Yoga Series

Restore & Recover Yoga

Yoga for Balance & Mobility

Restorative Strength Series

Tai Chi

Prenatal Yoga

Pelvic Floor Pilates

Exercise 101 Series

Exercise for Weight Management

Membership Details

Four Month Membership Includes:

*Medical Fitness Evaluation

*Twice per week private classes

*Unlimited access to Open Gym Hours

*10% discount on all wellness services

Membership Fees:

One time fee of \$40 for Baseline Evaluation

\$100/month for 4 months

**Senior insurance discounts of \$30 available*

Limited Capacity:

10-12 participants per group

Class Descriptions

Osteoporosis Group

This class is designed for anyone who is suffering from significant degenerative bone or joint issues, osteopenia, or osteoporosis. Class includes gentle weight bearing, stretching & balance exercises.

Balance & Mobility

Designed for adults who have challenges with mobility due to balance. Class is structured with posture, range of motion & focused movement for safe stabilization & balance. Modified aquatic class also available.

Strength & Mobility

A supervised program using strength training to address physical limitation & increase strength. Perfect for those requiring assistance of walkers or canes, home health aids are also welcome to attend.

Parkinson's Group

This class used functional training exercises to help increase flexibility, strength & endurance for those with Parkinson's Disease. BIG & LOUD movements are encouraged! The Assistance group is for those who require an aid for their exercise safety and efficacy.

KOALA & Arthritis Group

Designed specifically for those with chronic osteoarthritis in the knee or other joint areas. Conditioning & strengthening exercises are utilized to minimize chronic pain.

Tai Chi

a mindfulness practice that coordinates slow gentle flowing movements with breathing, heightened sensory awareness, and mental imagery in order to maintain and improve physical and mental health.

Restore & Recover Yoga

The objective of this class is to maintain a movement practice that is tailored to those who have limitations either in movement, or in energy due to a treatment or surgery. Perfect for any level of yoga experience to enhance sense of mood, reduce anxiety and improve pain & stress tolerance.

Pilates for Pelvic Floor

This comprehensive program is designed to improve pelvic floor function and strength by combining plyometrics with mat Pilates.

Prenatal Yoga

This class prepares Mom for birth with yoga sequences that support labor positions and stretches that encourage a better labor. This prenatal yoga class includes poses, deep breathing, relaxation and meditation that may be practiced through all trimesters.

Cardiac Strength & Step

This class is a mix of moderate intensity aerobic exercise as well as muscle conditioning, flexibility, endurance and balance.

Cardiac Pump & Spin

A combination low impact cardio on a spin bike & resistance class for maximum cardiac benefit.

Cardiac Strength & Conditioning

A combination cardio & resistance circuit class in the gym for improved circulation & cardiac capacity.

**Class availability & schedule subject to change.*