

# MEDICAL GROUP FITNESS

Specialized Fitness for Targeted Outcomes

## 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 for Balance

Prenatal Yoga

Pelvic Floor Pilates

### Exercise 101 Series

Exercise for Weight Management



*\*See back page for class descriptions*

## 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 \$60 for Baseline Evaluation

\$100/month for 4 months

\*Senior insurance discounts of \$30 available

### Limited Capacity:

10-12 participants per group

◆————◆  
**Address:** 2767 E. Imperial Hwy, Brea, CA 92821 \* **Phone:** 714-578-8770 \* **Email:** [stjudewellness@stjoe.org](mailto:stjudewellness@stjoe.org)

# 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 for Balance

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.*