

# MEDICAL 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

### Parkinson's Disease Series

Parkinson's Exercise Class

### Bone & Joint Series

Osteoporosis Exercise Group  
KOALA & Arthritis

### Yoga Series

Restore & Recover Yoga  
Yoga for Balance & Mobility

### Specialty Programs

Pelvic Floor Pilates  
Exercise 101  
Cancer Fitness

## Membership Details

### Four Month Membership Includes:

- \*Medical Fitness Evaluation
- \*Twice weekly cohort classes
- \*Unlimited access to Open Gym & Functional Fitness Classes
- \*5% discount on individual wellness services

### Membership Fees:

One time fee of \$60 for Baseline Evaluation  
\$110/month for 4 months

### Limited Capacity:

12-14 participants per group

Address: 2767 E. Imperial Hwy, Brea, CA 92821 \* Phone: 714-578-8770 \* Email: 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 Exercise

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.

## 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.

## Yoga for Balance & Mobility

A low intensity combination of static & dynamic movement to improve stability, correct posture and enhance overall mobility in both standing & seated positions.

## Pilates for Pelvic Floor

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

## Exercise 101

A fitness class for those new to exercise, exercising at a new body weight or those with physical limitations to fitness. This class combines several modalities of exercise for a fun introduction to functional movement and fitness programming.

## Cancer Fitness

A hybrid fitness program combining yoga sessions with cardio-resistance sessions. Goals are for cancer survivors to improve endurance and regain lost muscle while promoting stress resilience in the healing body.

## 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.

*\*Class availability & schedule subject to change.*