

jump start your heart

**3 FREE Classes
for Phase 2
Cardiac Rehab
Graduates**

Phase 3 Cardiac Rehab Program

- ♥ Improved balance, strength, & mobility
- ♥ Improved lipid levels
- ♥ Decreased body fat
- ♥ Lower blood pressure
- ♥ Increased knowledge of blood sugar management
- ♥ Increased social support
- ♥ Positive social interactions
- ♥ Stronger bones

What is Phase 3 of Cardiac Rehab and Why Continue?

- Small group classes instructed and monitored by degreed exercise science professionals
- Blood pressure checked before and after class
- Heart rate guided exercise and education on appropriate intensity
- Guided resistance/weight training with a variety of equipment
- Cardiovascular exercise with guidance on progressions
- Balance and coordination focused exercises
- Classes offered 5 days a week, freedom to choose your schedule (after your 3 complimentary classes)

Invest in Your Health and Wellbeing

- 3 FREE classes*
- \$0.00 initiation fee to join the Health and Wellness Center*

When you join the Wellness Center, Jump Start Your Heart (Phase 3) classes are included in your monthly membership!

- Or as a non-member: \$120.00 for 12 sessions (for first 90 days, then membership is required)

*For graduates of Phase 2 Cardiac Rehab at Good Samaritan

Classes

Monday, Wednesday & Friday | 7 A.M., 8 A.M., 10 A.M., 11:30 A.M.
Tuesday & Thursday | 11 A.M.