

## Group Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:30 am</b>	Cardiac Rehab	Cardiac Rehab	Cardiac Rehab	Cardiac Rehab	Cardiac Rehab
<b>10:00 am</b>	Thrivefit	Orthofit	Thrivefit	Orthofit	
<b>11:00 am</b>		Balancefit		Balancefit	
<b>12:30 pm</b>	Balancefit		Balancefit		Balancefit
<b>1:30 pm</b>	Cardiac Rehab	Pulmonary Rehab	Cardiac Rehab	Pulmonary Rehab	Cardiac Rehab
<b>3:00 pm</b>	Orthofit		Orthofit		Orthofit



St. Mary's Life Center ~ 2686 Patterson Road, GJ CO ~ 970-298-4353 ~ [Peaks\\_stmarys.wellness@imail.org](mailto:Peaks_stmarys.wellness@imail.org)

## **Class Descriptions-**

**ORTHFIT-** for individuals managing arthritis or preparing for or recovering from joint replacement surgery. This class is designed to improve and maintain muscle strength, joint stability, mobility and balance.

**PHASE III CARDIAC AND PULMONARY REHABILITATION-** for individuals who would like to continue cardiac and pulmonary rehabilitation in a safe and supervised environment. This class is designed to build and maintain cardiovascular fitness with regular checks of blood pressure, heart rate, weight and oxygen levels.

**BALANCEFIT-** for individuals who have experienced a fall or who are concerned about falling and feel unsteady when standing and walking. This class is designed to help individuals stay active, independent and confident in their daily life.

**THRIVEFIT-** for individuals who are recovering from cancer treatment. This class is designed to help rebuild strength, improve flexibility and boost energy levels.

