



CARDIAC REHABILITATION CLASS

It's our pledge to guide you on the path of lifelong wellness through injury prevention, corrective exercise, fitness programs and services. Bellin Health Fitness is here to help you transition from the Phase Two hospital program to our Phase Three program at the Fitness Center. We are committed to offering you a full range of care and support just when you need it most.

Class Outline

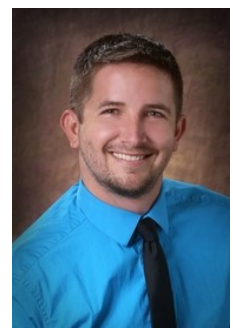
Cardiac Phase Three class incorporates a 20-minute instructor led functional and corrective exercise warm-up segment that transitions into a 40-minute goal oriented cardiovascular and strength training segment. Each class begins and ends with pulse and oxygen saturation checks and offers free blood pressure checks on Thursdays.

Class Times

Tuesdays & Thursdays | 9:30-10:30 am
Bellevue | 920.433.6756
\$32 | Monthly payment

Free Blood Pressure Checks Thursdays | 10:30-11:00am

For more information or to sign up, please call the welcome desk.



Dane Sutton

Certified Personal Trainer