

A close-up photograph of a person's hand holding a bright red, realistic-looking heart. The person is wearing a black tank top, and the background is softly blurred, showing warm, bokeh-style lights.

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

Jump Start Your Heart

Phase 3 Cardiac Rehab Program

What is Phase 3 of Cardiac Rehab and Why Continue?

- ♥ Small group classes instructed and monitored by degreed exercise science professionals
- ♥ Blood pressure checks 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 six days a week with freedom to choose your schedule (after your 3 complimentary classes)

Benefits Include

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

Invest in Your Health and Well-being

- ♥ 3 FREE classes*
- ♥ \$0 initiation fee to join the health and wellness center*
When you join, Jump Start Your Heart (Phase 3) classes are included in your monthly membership!
- ♥ Or as a non-member: \$150 for 10 sessions (for the first 90 days, then membership is required)

*For graduates of Phase 2 Cardiac Rehab at Good Samaritan Health & Wellness Center

Classes (Effective Saturday, July 25, 2026)

Monday and Wednesday: 7 a.m., 8 a.m., 10 a.m., 11:30 a.m. and 6 p.m.

Tuesday and Thursday: 11 a.m. and 1 p.m. | **Friday:** 7 a.m., 8 a.m., 10 a.m. and 11:30 a.m.