



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING - INDIANOLA YMCA

## MEDICAL PROGRAMMING

## WINTER

Monday	Tuesday	Wednesday	Thursday
	<b>Aquatics to Restore Health</b> 1:00-2:00 pm Lindsay/ Miranda (recreation Pool)	<b>Move Well Today</b> 10:00-11:00 am (cycling studio)	<b>Aquatics to Restore Health</b> 1:00-2:00pm Lauren (recreation pool)
			Purple= Medical Programming class. <i>Must have YMCA Medical Programming Membership Add-on.</i>

### Class and Program Descriptions:

**Aquatics to Restore Health**- *YMCA Medical Programming Membership Add- On Required.*  
 Water based exercise to improve daily functioning for those with pain conditions, joint/muscle stiffness, neurological disease.

**Heart Healthy Living:** *YMCA Medical Programming Membership Add-On Required.*  
 Exercise program for people who have a heart condition or have experienced a cardiac event, follows Cardiac Rehab Phase III exercise protocol and education.

**Move Well Today:** *YMCA Medical Programming Membership Add-On Required.* Exercise and education for people who are pre-diabetic or who have Type 2 diabetes.

**If you have questions or comments – Please contact Mary Labarre at [Mary.Labarre@my-chp.com](mailto:Mary.Labarre@my-chp.com) with Community Health Partners**

 Like us on Facebook

Updated February 4th