



Meet Your Program Lead

Tina Hunt tinah@auburnymca.net | 315.990.0799

Tina has 14 years of experience in corporate wellness, where she personally trained and created programs that guided participants on their health and wellness journey. Prior to that, Tina worked within the Y organization in cardiac and cancer rehab programming, after which 'Cardiac Care' is modeled. She is excited to bring this unique program, tuned to the needs of the post-rehab as well as the at-risk individual, to the Auburn YMCA. Through her work, Tina is especially passionate about bringing members into a better relationship with their body and health. She looks forward to establishing relationships within the community to continue and expand the work of the Y, helping our members in their pursuit of all things health and wellness - knowledge, education, and community.

FEEL HEALTHIER BE STRONGER

Auburn YMCA-WEIU

CARDIAC CARE – POST-REHAB EXERCISE PROGRAM



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Auburn YMCA - WEIU 27 William Street, Auburn NY 13021
315.253.5304 www.auburnymca.org

WELCOME

Welcome to Cardiac Care, your post-cardiac rehabilitation exercise program! You have made an important decision to begin or continue a program aimed at lifetime health and wellness. As you enter this stage of the program, you will begin to take on more responsibility for your body's well-being. You will play an active role in learning how to integrate exercise so that you can move better and move well. You will also learn to develop your own pace of movement with the help and guidance of YMCA Staff.

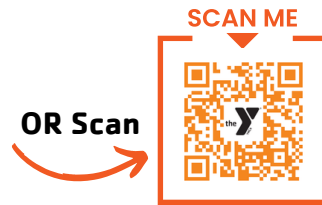
CLASS FEE

Auburn YMCA Members: FREE

General Public: \$70 per month
(\$210 for the 12-week program)

Learn more about Membership
by visiting

<https://www.auburnymca.org/membership>



How to Register

Participants must have medical clearance
before registration

Physician referral:

If you have been referred by your physician and have a
completed referral form

Contact Tina Hunt tinah@auburnymca.net

315.990.0799 TO schedule your pre-enrollment meeting.

If You Have Not been referred by a physician

Contact Tina Hunt tinah@auburnymca.net

315.990.0799 to obtain a referral form.

PROGRAM DAYS & TIME

Tuesday

8:45 – 10:00AM

Thursday

8:45 – 10:00AM

WHAT TO EXPECT IN CLASS

Participants are asked to arrive at least 15 minutes before the session to weigh in, have their resting heart rate and blood pressure taken, and to do a proper 5-10-minute warm-up. All this information is recorded on the participant's individual log sheet. It is the responsibility of each participant to log this information daily.

Each exercise session includes:

1. Active warm-up.
2. Flexibility & Balance exercises.
3. Resistance - weights, core, more balance.
4. Active cool-down

****Please note:** Extensive cardiovascular work is on your own; this includes: swim/water exercises, treadmill, track, PhysioStep, elliptical, bicycle, etc.