



SACRAMENTO STATE

Cardiovascular Wellness Program

July 2026

NEVER ANY SESSIONS ON WEDNESDAYS

OPEN GYM: TU/TH/FR 9:00 AM – 3:00 PM, INDIVIDUAL EXERCISE/VITALS TAKEN

GROUP SESSIONS –

- TAI CHI (W/ DAVID) MON, TUE, THU, FRI (30 min x2) ZOOM ID# 897 520 111
- 9:00 AM, Full version Short COURSE 9:30 AM INTRODUCTORY MOVES
- EXERCISE SESSIONS (W/LINDA, SHARON, JULIE, LEANNE STRETCH/BALANCE/RESISTANCE)
- GROUP STRETCH → TUE, THU, 10:15 AM, 45 MINUTES ZOOM ID # 881 9363 5013
- GROUP RESISTANCE → TU, TH 11:10 AM, 20 MIN; FR 11:00 AM, 30 MIN ZOOM ID #889 3266 7307
- CIRCUITS → MON, TUE, THU, FRI @ 1:15 PM, 60 MINUTES ZOOM ID #505 510 964
- CHAIR EXERCISE → MON, TUES, THU @ 2:30 PM, 45 MINUTES ZOOM ID # 950 2893 0586
- BALANCE ACTIVITIES FRI, @ 2:30 PM, 45 MINUTES (W/PT DURING SEMESTER) ZOOM ID# 865 7400 3755
- INSTRUCTIONAL MAHJONGG, FRI, 9:30-11:30 AM IN PERSON ONLY

EDUCATION SESSIONS:

TUES/THUR/FRI @ 11:45 AM ZOOM ID# 916 5375 9408

GUEST SPEAKERS



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|--------------------------|----------|----------------|-------------------------|
| Thu, Jul 2 nd | 11:45 am | Summer Health | Radhika Bukkapatnam, MD |
| Fri, Jul 3 rd | CLOSED | CAMPUS HOLIDAY | 4 th of July |

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|---------------------------|----------|-------------------------------|-------------------------|
| Tue, Jul 7 th | 11:45 am | Pump up the Volume | Debbie Lucas, RD |
| Thu, Jul 9 th | 11:45 am | Mindfulness Practice | Sharon Myers, RN |
| Fri, Jul 10 th | 11:45 am | Students in the Kitchen | |
| Tue, Jul 14 th | 11:45 am | Acute Stroke | John Schafer, MD |
| Thu, Jul 16 th | 11:45 am | Back Health | Sharon Myers, RN |
| Fri, Jul 17 th | 11:45 am | Students in the Kitchen | |
| Tue, Jul 21 st | 11:45 am | Let's Grill | Debbie & John |
| Thu, Jul 23 rd | 11:45 am | Q&A | Javier Lopez, MD |
| Fri, Jul 24 th | 11:45 am | Students in the Kitchen | |
| Tue, Jul 28 th | 11:45 am | Travel Tips for Mental Health | Linda Goode, LCSW |
| Thu, Jul 30 th | 11:45 am | Ask a Nurse | Cari Shulkin, RN |
| Fri, Jul 31 st | 11:45 am | Potluck Lunch | Whole-Food, Plant-Based |