



The Cardiovascular Wellness Program has an exercise facility on the 3rd floor in Folsom Hall on the CSUS campus. Exercise equipment includes rowing machines, ellipticals, treadmills, stationary bicycles and recumbent steppers. There is a separate stretching/strength training area with elevated mats and free weights. Individuals are free to do their usual exercise routines in a self-paced manner and many group sessions are also offered.

This handout describes the exercise training component of the Cardiovascular Wellness Program. There is a separate schedule for other educational offerings, which include nutrition classes, student presentations, stress management and mindfulness practice sessions, and medical education. There is a schedule posted every month. Most of these sessions are held @ 11:45 am. These sessions follow the same format as the exercise sessions – in-person live presentations also offered as Zoom meetings.

MEDICAL SUPERVISION

Exercise is supervised by emergency medical personnel, trained nurses, and an exercise physiologist. Heart rate is monitored and blood pressure is checked before, during, and after exercise. Medical clearance is required for participation in exercise sessions.

INDIVIDUAL EXERCISE

The gym has an open block of time from 9 am to 3 pm three days/week where clients can come in and use program equipment. These sessions are currently Tues, Thurs and Fri.

GROUP EXERCISE

There are several group activities. Some of these are Zoom only options and others are live sessions with the option of logging in from home via Zoom to participate with the group. Check the monthly schedule for exact offerings although the basic schedule is listed here.

SCHEDULE SUMMARY:

	Mon (Zoom only)	Tues	Thur	Fri
9:00 am	Tai Chi	Tai Chi	Tai Chi	Tai Chi
9:30 am	Tai Chi	Tai Chi	Tai Chi	Tai Chi
10:00 am		Group Stretch	Group Stretch	
11:00 am		Group Resistance	Group Resistance	Group Resistance
1:15 pm	Circuits	Circuits	Circuits	Circuits
2:30 pm	Chair Exercise	Chair Exercise	Chair Exercise	Balance Activities

CLASS DESCRIPTIONS

Tai Chi (w/David) -- Monday is Zoom only, others days are live or Zoom

MON, TUE, THU, FRI

ZOOM ID# 897 520-111

9:00 AM Continuous Sequence (30 minutes), 9:30 AM Introductory Moves (30 minutes)

Exercise Sessions (w/Linda)

Group Stretch -- live or Zoom

ZOOM ID #881 9363 5013

45 minute session, with stretching, core exercises, balance moves—needed props are a chair for standing support, yoga mat for floor routines

10:00 AM TUE, THU

Group Resistance -- live or Zoom

ZOOM ID # 889 3266 7307

30 minute session, with dumbbells and/or resistance bands; most exercises can be done seated

11:00 AM – TUE/THURS -- Total Body emphasis

11:00 AM – FRI -- Core/Glutes

Group Circuit Training

ZOOM ID # 505-510-964

These sessions are a combination of stretching, calisthenics, resistance exercise, and balance activities. Needed props are a chair for standing support, yoga mat for floor routines, dumbbells or bands for resistance exercise. A bike, bench or step for cardio bouts is helpful.

1:15 pm MON, TUE, THU, FRI

60 minute sessions, following general format established during pandemic

MON – ‘Mundane Monday’ – stretch/strength/balance routine,

TUE – Posture & Core Emphasis, including 12-15 min of cardio bouts

THU – Balance & Bands

FRI – ‘Frenetic Friday’ – fast paced routines, including 20 min of ‘cardio bouts’

Chair Sessions (mostly seated, some standing)

ZOOM ID # 950 2893 0586

45 minute sessions with stretching, resistance, balance moves—

needed props are a sturdy, straight chair, dumbbells, light playball

2:30 PM MON, TUE, THU

Balance Activities (seated and standing)

ZOOM ID #865 7400 3755

45 minute session coordinated with advanced Physical Therapy students. Activities include balance poses, stretches, gentle strengthening exercises, weight shifts, and eye-hand coordination activities. Need props are a sturdy, straight chair

2:30 pm FRI

Examples of these routines can be seen as recorded sessions from the program website.

Handouts are available there as well.

<https://cardiovascularwellnessprogram.org/>