



# Cardiovascular Wellness Program Exercise Sessions

August 2021

The Cardiovascular Wellness Program has an exercise facility on the 3<sup>rd</sup> 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. Exercise routines are designed to meet individual needs although many group sessions are offered.

## **MEDICAL SUPERVISION**

Exercise is supervised by emergency medical personnel, ACLS-certified 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 12 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.

### **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 Introductory Moves (30 minutes), 9:30 AM Continuous Sequences (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

TUE, THU 10:15 AM

#### **Group Resistance -- live or Zoom**

**ZOOM ID # 889 3266 7307**

25 minute session, with dumbbells and/or resistance bands

TUE, THU, FRI, 11:05 AM

## Group Circuit Training

**Monday is Zoom only, others days are live or Zoom**

**ZOOM ID # 505-510-964**

1:15 PM MON, TUE, THU, FRI following general format established during pandemic

Mondays -- 60 minute session (45 min stretch routine, 15 min dumbbell routine)

Tuesdays – Core Emphasis – 45 minute session

Thursdays – Balance& Bands -- 45 minute session

Fridays – Frenetic Movement – fast-paced movements – 45 minute session

## Chair Sessions (seated, some standing)

**Monday is Zoom only, other days live or Zoom**

**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

## SCHEDULE SUMMARY:

	<b>Mon (Zoom only)</b>	<b>Tues</b>	<b>Thur</b>	<b>Fri</b>
9:00 am	Tai Chi	Tai Chi	Tai Chi	Tai Chi
9:30 am	Tai Chi	Tai Chi	Tai Chi	Tai Chi
10:15 am		Group Stretch	Group Stretch	
11:05 am		Group Resistance	Group Resistance	Group Resistance
1:15 pm	Circuits	Circuits	Circuits	Circuits
2:30 pm	Chair Exercise	Chair Exercise	Chair Exercise	

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

Handouts are available there as well.

<https://cardiovascularwellnessprogram.org/>

This handout is only describing the exercise training component of the Cardiovascular Wellness Program. There is a separate schedule for other educational offerings, which include nutrition classes, student presentations, mindfulness practice sessions, and medical education. There is a schedule posted for these every month. Most of these sessions are held Tues/Thurs/Friday @ 11:45 am, which some sessions held Tues/Thurs @ 5:30 pm. These sessions will be offered as Zoom meetings with transition to included live presentations as lecturers determine comfort level with in-person operations.