

Vanderbilt Dayani Center Telehealth Group Fitness Classes

October 2021

Unlimited Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30-10:30 Cardio Strength with Susan Click here to join</p>	<p>9:30-10:30 Cardio Strength with Susan Click here to join</p>	<p>9:30-10:30 Standing Core with Susan Click here to join</p>	<p>9:30-10:30 Cardio Strength with Susan Click here to join</p>	<p>9:30-10:30 Pilates for All with Susan Click here to join</p>
	<p>10:30-11:30 Gentle Yoga Flow with Susan Click here to join</p>		<p>10:30-11:30 Restorative Yoga with Susan Click here to join</p>	<p>10:30-11:30 Gentle Yoga Flow with Susan Click here to join</p>

Unlimited Classes

\$80 for unlimited participation in the above classes only

No limitation in participation

Class Descriptions

- Cardio Strength: This class will assist you in maintaining muscle strength in arms, legs and core using light dumbbells, soup cans, or body weight. We begin with a rhythmic warmup to gently raise core temperature. We end with a moment of quiet reflection evoking a sense of peace.
- Pilates for All: This mat-based Pilates workout is designed to strengthen core muscles while improving postural alignment and flexibility. No special equipment is needed other than a mat. Those who have difficulty getting up and down off the floor can perform the movements from a seated position.
- Standing Core: This ballet-based workout is designed to strengthen the core muscles of the trunk. No special props are needed other than a sturdy chair for balance assistance. All movements are done from a standing position to target our deep core muscles.
- YOGA 2 types of yoga classes during the week:
 - Gentle Yoga Flow: This class combines basic yoga poses that flow logically from one to the other giving you a full body stretch along with strength gains in the core.
 - Restorative Yoga: This slow-moving practice stimulates the parasympathetic nervous system, which slows heart rate and relaxes mind and body, making it beneficial for anyone seeking a release from the stresses of daily life. Students use a variety of props including yoga blocks,

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strap, bolster, and blankets. Class may include soft music as well as a guided meditation toward the end of class.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-10:50 Level I click here to join		10:00-10:50 Level I click here to join		10:00-10:50 Level I click here to join
11:00-11:50 Level II click here to join		11:00-11:50 Level II click here to join		11:00-11:50 Level II click here to join
12:00-12:50 Level III click here to join		12:00-12:50 Level III click here to join		12:00-12:50 Level III click here to join

CLINICAL FITNESS CLASS PACKAGES

Clinical Fitness Class Packages

**\$35 for 30 days of classes in your track only (3 classes a week)
3-month limit**

- Must be referred by VUMC physical therapist, respiratory therapist, exercise physiologist, or medical doctor.
- Classes are designed to help you to improve and maintain your physical capacities in a safe and supportive environment.
- Classes
 - Each class consists of a brief educational topic designed to support your health and wellbeing such as how to use your diaphragm, sleep hygiene, stress management
 - The movement part is composed of a circuit training including cardiovascular function, functional strength, core, balance, and posture.
 - Strength training in a functional approach.
 - We finish with movements linked with breath for a sustainable release
- Level I classes are for those referred from pulmonary rehab or physical therapy that need to focus on regaining their breath. Addressing breath support, not overusing your neck muscles, and finding your diaphragm
- Level II classes are for those referred from cardiac rehab, medical fitness, or physical therapy who are currently receiving or just completed treatment at VUMC such as chemotherapy, radiation, or cardiac services.
- Level III classes are for those trying to reach and maintain a health weight.