

CARDIAC / PULMONARY PHASE III

Cardiac / Pulmonary Phase III provides fitness and wellness programming to assist individuals who have graduated from Altru Health System's Cardiac / Pulmonary Phase II Program to continue their recovery in a safe environment.

Cardiac / Pulmonary Phase III members will work directly with Y Med Fit staff. Our Y Med Fit staff have expertise and experience in working with individuals with a variety of health conditions.

Services included in the Cardiac / Pulmonary Phase III program are personalized assistance by appointment as well as utilization of the fitness center, swimming pool and certain classes as directed by your trainer.



(701) 775-2586 • www.gfymca.org
Contact Adam Sorum



ALTRU FAMILY YMCA
215 N 7TH STREET
GRAND FORKS, ND 58203
(701) 775-2586
www.gfymca.org



ALTRU FAMILY YMCA



**FOREVER
ADVANCING**
For a better us.

**Y CARDIAC/
PULMONARY
PHASE III**

FITNESS & WELLNESS
PERSONALIZED ASSISTANCE



YMCA CARDIAC / PULMONARY PHASE III

SPECIALIZED SERVICES

- Medical Fitness Assessment
- Blood Pressure Monitoring
- O2 Monitoring
- RPE Monitoring
- Machine Set-up
- Assistance with Exercise
- Oversight of implementation of physician recommended exercise protocols
- Other Services As Determined

GROUP CLASSES

Certain Group classes are available to Cardiac/Pulmonary Phase III members as suggested by Y Med Fit personnel (subject to change), including, but not limited to:

- SilverSneakers Classes
- Water Exercise Classes
- YogaFlex
- Function & Fitness
- BOOM Muscle & Move

For class details and times, please refer to the Y Group Fitness Schedule which is published monthly and posted on our web site. Classes and times may vary or change. (www.gfymca.org)

POOL AVAILABILITY

Cardiac/Pulmonary Phase III members may utilize the swimming pool, as advised by their trainer, during the following times:

Lap Swim

Mon-Fri	5:45-8:25 am/11:30 am-1:30 pm
M-W-F	6:00-7:00 pm
Saturday	7:00-8:55 am/12:00-1:25 pm
Sunday	12:00-1:25 pm

Open Swim

M-W-F	7:00-8:00 pm
Sat/Sun	2:00-5:00 pm

Water Exercise Classes

See group fitness schedule.



CARDIAC/PULMONARY PHASE III HOURS

Hours are available Monday through Friday for scheduled on-on-one appointments with your Y Med Fit trainer. Please call to schedule your appointments.

Hours: Monday - Friday • 8:00 am-4:00 pm

DIRECTED ACTIVITIES

Your training plan includes the use of the YMCA facility at designated times. You and your trainer will work together to schedule your independent practice times in the fitness center, swimming pool, or group exercise classes.

FEES

Adult: \$35/month • Senior (age 60+): \$25/month

For detailed information or to schedule a private tour, call (701) 775-2586.