

WELLNESS SOLUTIONS PROGRAM - CLASS SCHEDULE

HEALTH SCREENINGS

CARDIO SCREENING I (WOMEN). Scheduled on an individual basis.

CARDIO SCREENING II (WOMEN). Scheduled on an individual basis.

FITNESS & METABOLIC ASSESSMENT - NEW LEAF (*Other Options Available*). Scheduled on an individual basis.

INDIVIDUALIZED RISK FACTOR ASSESSMENT (*24 Sessions with Other Options Available*). Scheduled on an individual basis.

OSTEOPOROSIS SCREENING (WOMEN). Scheduled on an individual basis.

STRESS ASSESSMENT AND RELAXATION TRAINING - QUICK START. Scheduled on an individual basis.

HEALTH AND FITNESS

BRIDGING THE GAP/POST-REHABILITATION PROGRAM (*Six Sessions*). Held on Mondays and Fridays, from noon to 1 p.m. and Wednesdays from 4 to 5 p.m.

CIRCUIT TRAINING/PILATES™ MAT EXERCISE CLASS (*16 Sessions*). Held on Mondays and Wednesdays from 5 to 6:30 p.m.

FITNESS PROGRAM FOR CEDARS-SINAI EMPLOYEES. This fitness program is available to Cedars-Sinai employees. Held on Mondays, Wednesdays and Fridays from 6 to 7:30 a.m.; Tuesdays and Thursdays from 11:30 a.m. to 2:30 p.m.; Saturdays from 7 to 11 a.m.; and weekday evenings from 4 to 6:30 p.m. Employees must sign a waiver and complete a health questionnaire and payroll deduction form to participate.

MEDICALLY SUPERVISED EXERCISE - PHASE 3A (*12 Sessions*). Scheduled after the individual is oriented to the program. Classes are weekday mornings and afternoons and mornings on Saturdays.

NUTRITION COUNSELING. Scheduled on an individual basis by appointment.

PILATES EXERCISE. Scheduled on an individual basis by appointment, Monday through Friday.

POST-NEURO REHAB. FITNESS PROGRAM (*Six Sessions*). Held on Wednesdays from noon to 1 p.m.

PVD EXERCISE PROGRAM FOR CLAUDICATION (*Three Days a Week for 12 Weeks*). Scheduled after the individual is oriented to the program. Classes are weekday mornings and afternoons and mornings on Saturdays.

SENIOR EXERCISE PROGRAM (*Six Sessions*). Held on Tuesdays and Thursdays from noon to 1 p.m.

UNDERWATER TREADMILL EXERCISE. Scheduled on an individual basis by appointment, Monday through Friday.

YOGA. Held on Tuesdays and Thursdays from 8:30 to 9:30 a.m.

Wellness Solutions Program

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