

Program Staff

Marli Apt- Fitness Coordinator

BS Kinesiology-WIU

ACE Certified Personal Trainer

Qualified SilverSneakers® Instructor

CPR/AED/First Aid certified

Chris Fish, PTA

ACE Certified Personal Trainer

Qualified SilverSneakers® Instructor

CPR/AED/First Aid certified

Cathie Francis, RN, BSN

Group Fitness Instructor

Qualified SilverSneakers® Instructor

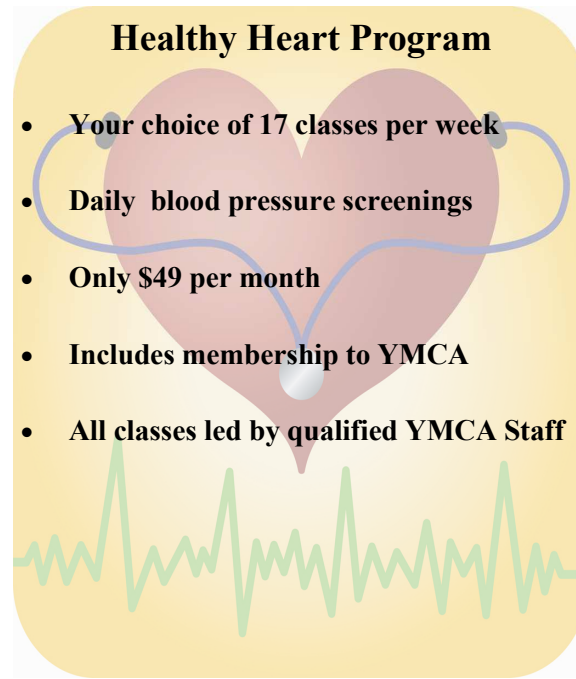
CPR/AED/First Aid certified

Melody Oswald

BS Exercise Science-Iowa State

ACE Certified Personal Trainer

CPR/AED/First Aid certified



Healthy Heart Program

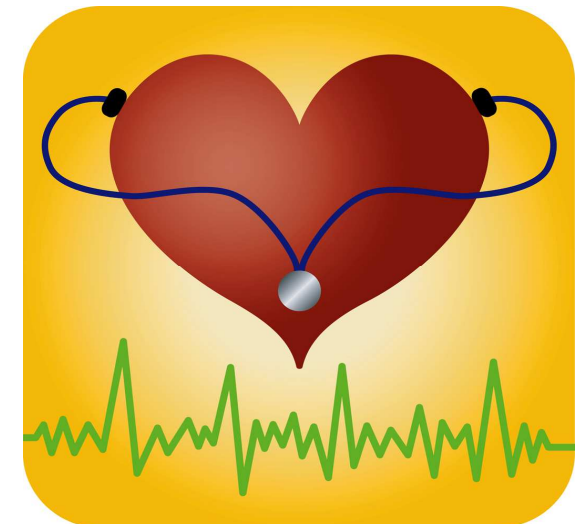
- Your choice of 17 classes per week
- Daily blood pressure screenings
- Only \$49 per month
- Includes membership to YMCA
- All classes led by qualified YMCA Staff



Bettendorf Family YMCA
A branch of the Scott County Family Y
3800 Tanglefoot Lane
Bettendorf, IA 52722
(563) 359-9622



Bettendorf Family YMCA Healthy Heart Program



*A program geared towards YMCA members
seeking a heart healthy lifestyle*

YMCA Healthy Heart Details

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM - 9:30AM	Fit for Life		Fit for Life		Fit for Life
9:30AM - 11:00AM	Fit for Life		Fit for Life		Fit for Life
10:00AM - 11:00AM	Aqua Heart		Aqua Heart		Aqua Heart
11:00AM - 12:00PM	SilverSneakers® MSROM	SilverSneakers® YogaStretch	SilverSneakers® MSROM	SilverSneakers® YogaStretch	SilverSneakers MSROM
4:45PM - 5:45PM	Fit for Life		Fit for Life		Fit for Life

The YMCA Healthy Heart Program is offered for \$49 per month and includes unlimited participation in all of the classes listed above and a YMCA membership good for use at all Quad City YMCA's. Additional members of the household can be added for \$10 per person per month.

Also included in the program fee are daily blood pressure screenings and additional seminars geared towards members pursuing a heart healthy lifestyle.

Class Descriptions

Fit for Life - Take time out of your day to spend time exercising with friends. This combo class is designed to help increase cardiovascular capacity as well as strength and range of motion through low impact weight and cardio training. There will be ample

warm up/cool down period and balance work.

Aqua Heart - This water aerobics class will help to improve muscular strength and endurance, along with flexibility and balance. This water class can help to increase relaxation and is easy on the joints and muscles. Many people who cannot participate in regular land classes can benefit and comfortably participate in this water class.

SilverSneakers® YogaStretch - YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SilverSneakers® MSROM (Muscular Strength & Range of Movement) - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

