



## Community Exercise Programs

### CENTER FOR PHYSICAL WELLNESS PROGRAMS

*South Shore Health Center for Physical Wellness, First Floor  
780 Main Street, South Weymouth, MA*

#### **Core and More**

This program is designed for individuals who would like the attention of a personal training visit in a group setting to strengthen muscles and improve endurance. Meets Mondays and Wednesdays 4:00 – 5:00pm.

#### **Fit for You**

Program for individuals who would like to improve their activity level, body composition and cardiovascular endurance with the guidance of an exercise therapist. Meets Mondays and Wednesdays 3:00-4:00pm. *Virtual option available Mondays.*

#### **Heart Healthy Program**

This circuit-based program is designed for individuals with a cardiac or pulmonary history to build endurance and improve strength. Meets Mondays, Wednesdays and Fridays 7:30-8:30am.

#### **Joint Motion and Flexibility Program**

This program is designed to improve flexibility, strength, and endurance for those with arthritis or pre/post total joint replacement. Meets Mondays and Wednesdays 2:00-3:00pm.

#### **Senior Strength Training**

Exercise program for anyone over 55, this moderate resistance training and aerobic program focuses on improving strength, flexibility and balance. Meets Mondays, Wednesdays and Fridays 9:00-10:00am, 10:00-11:00am.

#### **Strength and Balance Program**

Exercise for anyone with any form of arthritis, as well as those planning a total joint replacement, to improve flexibility, strength and balance to help control pain. Meets Mondays and Wednesdays 11:00am-12:00pm.

#### **Women's Stretch and Strengthen Program**

Designed for women to increase/maintain bone density and improve strength and posture. Exercises include resistance training, light aerobics and core/postural strengthening. Meets Mondays 12:00-1:00pm; Fridays 11:00am-12:00pm.

#### **Virtual Body Moving**

A full-body program on improving endurance and strength, incorporating dynamic movements with exercises for flexibility, mobility and coordination. This program includes the use of bands, hand weights and yoga mats via the Webex virtual platform. Meets Wednesdays 1:00-2:00pm



## Community Exercise Programs

### AQUATIC PROGRAMS

*Physical Therapy and Wellness Center Pools, South Shore Hospital, Brooks 1 Physical Therapy and Wellness  
55 Fogg Road, South Weymouth, MA*

#### **Aquatic Conditioning**

Exercises include total-body stretching and strengthening combined with cardiovascular activities. Meets Mondays and Wednesdays 1:30-2:30pm; Mondays 4:00-5:00pm; Thursdays 1:00-2:00pm.

#### **Aquatic Movement and Balance Program**

Focus on balance and endurance in this aquatic-based program. Meets Thursdays 11:00am-12:00pm.

#### **Aquatic Movement and Conditioning Program**

Condition your cardiovascular system while working on strength, endurance and flexibility. Meets Mondays and Wednesdays 3:00-4:00pm.

#### **Arthritis Aquatic Program**

Exercise for those with any form of arthritis. Focus is to improve flexibility and strength and to help control pain. Class meets in the 92-degree therapeutic pool. Meets Tuesdays 10:00-11:00am, 11:00am-12pm; Thursdays 10:00-11:00am.

#### **Prenatal Aquatic Program**

Designed for expecting mothers, this aquatic program focuses on maintaining strength and flexibility through the prenatal and birth experience. Meets Tuesdays and Thursdays 5:00pm-6:00pm, 6:00-7:00pm.

#### **Senior Aquatic Conditioning**

Program for individuals over 55 with a chronic medical condition. Program assists in improving and maintaining flexibility, cardiovascular health and muscle strength. Meets Mondays 5:00-6:00pm; Tuesdays 8:30-9:30am, 12:00-1:00pm; Thursdays 8:30-9:30am.

#### **Women's Aquatic Conditioning**

All women may benefit from this pool program which focuses on strengthening, flexibility and body composition. Meets Mondays 6:00-7:00pm.

Programs run in month-long sessions throughout the calendar year. Call (781) 624-4367 or email [cep@southshorehealth.org](mailto:cep@southshorehealth.org) for more information and pricing.

You may trial a complimentary class before enrolling in a program.