



We're here to help you get back to the things you love.

Find your strength.



First Steps to Fitness

This beginner fitness class, a blend of physical therapy and personal training, is designed for individuals with gait instability but who can ambulate with the use of an assistive device.* Participants looking to improve strength, balance and stability through gentle strengthening and stretching exercises will find the group sessions supportive and manageable. You will look and feel better, have more energy and improve function (ADLs) — and hopefully become less dependent on your assistive device. Class size limited to six participants.

*Must be able to ambulate with the use of a cane or walker OR stand up with the support of a ballet bar.

EXERCISES WILL INCLUDE:

- Sitting to standing dynamic warm-up
- Seated stretch using a Pilates ring (targeting hamstrings and calves)
- Standing stretch using a wooden dowel (targeting upper back, chest and posture)
- Seated upper body conditioning using Thera-bands and free weights
- Standing leg exercises holding ballet bar/chair for balance and support
- Standing against wall to improve balance
- Core strengthening/more balance exercises
- Cool down, integrating fine motor stretching and mental activity, such as naming places or things

YOUR INSTRUCTOR:

Bing Harty has been a Rehab Aide at Spaulding for ten years. A former group fitness instructor and personal trainer, Bing also leads our BoneStrong Exercise Program.

Try a Class for Free!

WHEN

Wednesday
2:45 – 3:45pm

WHERE

Spaulding Cape Cod
Multi-purpose Room
311 Service Road
East Sandwich

COST

\$7 per class
Pay as you go!

MUST PRE-REGISTER ONLINE

www.spauldingrehab.org/SCCWellness

FOR MORE INFORMATION
(508) 833-4078



www.spauldingrehab.org