



CBRC Health & Fitness

HEALTHY HEART

for cardiac rehab and pulmonary graduates

Life after rehab... This program is for participants that have completed cardiac/pulmonary rehab, but still need the security of working with a trained professional in a safe, supported environment. This is a great way to increase your energy, improve your mood and sleep, keep the mind sharp, and reduce your risk for other diseases and illnesses all while getting a great workout. A doctor's referral is needed for this program.

Participants will meet with our exercise professionals once a week for a 30-minute session.
Healthy Heart is a 60-day program.

Cost: \$299 and includes 60 day membership to CBRC.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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