

Cardiopulmonary Wellness

# MEDICAL FITNESS PROGRAM



Discover how you can manage health conditions through exercise after receiving an evaluation and personal exercise plan.

## Program includes:

- Individual evaluation by clinical staff including medical/exercise history and personal goals
- Exercise training and supervision with Clinical Exercise Physiologist for all levels
- Clinical monitoring as needed (i.e. oxygen, blood pressure, heart rate/rhythm)
- Support and recommendations on how to continue exercise independently

At completion, participants will have a specific, safe, and progressive exercise plan tailored to their health conditions and personal goals.

Get Fit.  
Get Healthy.  
We can help.

## Program fee

- **\$95** individual assessment
- **\$275** exercise training  
4 weeks of small group classes  
twice a week

Prices valid through December 31, 2023

*Self-pay only. Insurance does not cover this program*



Tyler  
Heart Institute  
Montage Health

## Cardiopulmonary Wellness

Montage Wellness Center  
2920 2nd Avenue, Suite 120, Marina

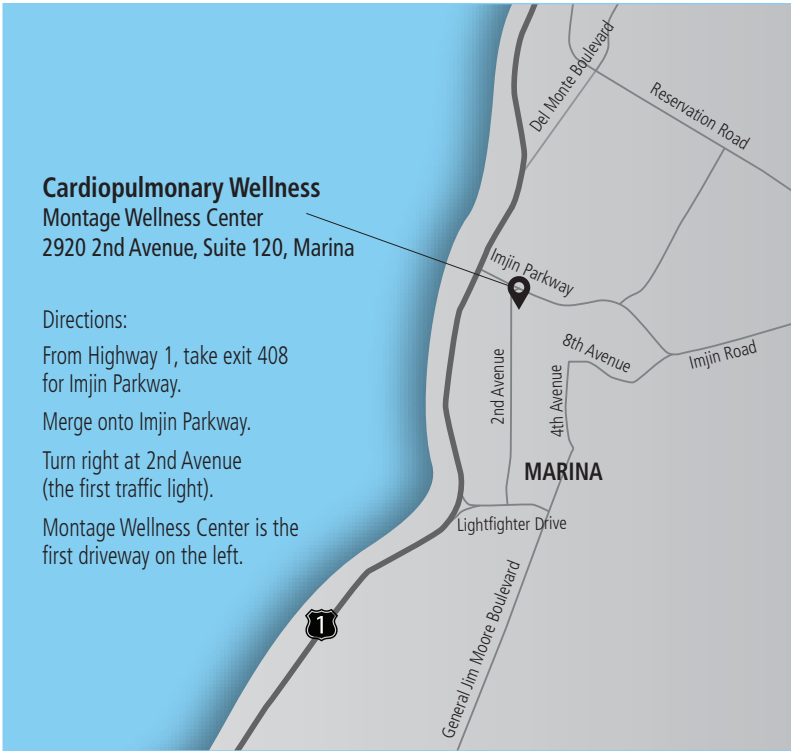
### Directions:

From Highway 1, take exit 408  
for Imjin Parkway.

Merge onto Imjin Parkway.

Turn right at 2nd Avenue  
(the first traffic light).

Montage Wellness Center is the  
first driveway on the left.



For more information or to  
make an appointment, please  
call (831) 883-5660.

### CARDIOPULMONARY WELLNESS

Open Monday–Friday, 8 a.m.–4 p.m.  
(831) 883-5660 | Fax (831) 883-5661  
montagehealth.org

### Additional Cardiopulmonary Wellness Services

- Cardiac rehabilitation
- PAD rehabilitation
- Pulmonary rehabilitation
- Kick the Nic — smoking cessation



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