

Program for Reducing Obesity (PRO) PT class schedule**PRO Virtual Exercise Group Classes, Thursdays 2:30pm-3:30pm****Facilitated by: Physical Therapist Helen Setyan****Medical Appointments Conducted by: Dr. Sonya Heitmann**

Our goal in our PRO Exercise Class is to help anyone who is having difficulty getting started with an exercise regimen or maintaining an exercise plan, some tools to assist with staying active. Trying our best to maintain muscle mass is a key component of healthy weight loss.

07/03-Zoom Virtual Session One

-Beginning an Exercise Program: Challenges, the Solutions, and Rewards.

07/10-Zoom Virtual Session Two

-Body Awareness and Proprioception for Improved Form and Injury Prevention.

07/17-Zoom Virtual Session Three

-Upper Body Strength: Posture and Form Considerations in Shoulder, Elbow and Wrist Strength

07/24 No Thursday Class

(You are more than welcome to attend a Nutrition class this week)

07/31-Zoom Virtual Session Four

-Lower Body Strength: Posture and Form Considerations in Hip, Knee and Ankle Strength

08/07-Zoom Virtual Session Five

-Understanding the Low Back/Pelvis: Activate, Strengthen, and Stretch your way to a Healthier Spine

08/14 No Thursday Class

(You are more than welcome to attend a Nutrition class this week)

08/21-Zoom Virtual Session Six

-Myofascial Meridian Lines: Exploring the Anatomical Pillars for Strong Body and Easier Movement

08/28 No Thursday Class

(You are more than welcome to attend a Nutrition class this week)

09/04-Zoom Virtual Session Seven

-The Gym is Where the Heart is: Equipment, Dosing, and Maintaining Anywhere You Go

09/11-Zoom Virtual Session Eight

-Yoga, Mindfulness, and the Potential for Positive Change: Yoga Fundamentals for Safe and Effective Practice

09/18-No Thursday Class

(You are more than welcome to attend a Nutrition class this week)

09/25 No Thursday Class

(You are more than welcome to attend a Nutrition class this week)