**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.

**04/03-Zoom Virtual Session One**

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

**04/10-Zoom Virtual Session Two**

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

**04/17-Zoom Virtual Session Three**

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

**04/24, 05/01, and 05/08 No Thursday Class**-

(You are more than welcome to attend a Nutrition class these weeks)

**05/15-Zoom Virtual Session Four**

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

**05/22-Zoom Virtual Session Five**

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

**05/29-Zoom Virtual Session Six**

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

**06/05-Zoom Virtual Session Seven**

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

**06/12-Zoom Virtual Session Eight**

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

**06/19 No Thursday Class Due to Holiday**

**06/26-Zoom Virtual Session Nine**

-Benefits in Active and Passive Recovery