

MDH Phase III Rehabilitation Program

This program is designed to help participants develop a healthy lifestyle with exercise as the cornerstone. Participants enjoy a full range of equipment and staff expertise at our facility. Rehabilitation Services staff provide regular blood pressure checks while participants maintain their own records and monitor progress.

Equipment available includes:

- Treadmills
- Exercise bikes
- Row machine
- Elliptical trainer
- Upper body ergometers
- Nu-step
- Strengthening exercises (hand and ankle weights and the 8-piece Life Fitness circuit)



FREQUENTLY ASKED QUESTIONS

Q. How much does this program cost?

A. Program cost is \$39 for 12 sessions. Couples receive a 50% discount on one card. Punch cards are available for purchase in the MDH Cashier Office, located inside the main entrance on the first floor.

Q. I've attended Cardiac Rehab before, is there a discount?

A. All Cardiac and Pulmonary Phase II graduates can participate for one month FREE of charge.

Q. Where is this facility located?

A. All Phase III exercise sessions take place in the Cardiac/Pulmonary Rehab Gym located on the third floor of MDH. Lockers, locks and towels are also provided.

Phase III Program Schedule:

Monday | Wednesday | Friday

6:30 - 8:30 a.m.

2:30 - 4:15 p.m.

Tuesday | Thursday

9:00 - 10:00 a.m.

10:00 a.m. - 1:00 p.m.