



**South Shore  
Hospital**

## Community Exercise Programs

### **CENTER FOR PHYSICAL WELLNESS PROGRAMS**

*51 Performance Drive, Weymouth  
Entry two, 3<sup>rd</sup> Floor*

#### **Better Your Balance**

These workouts focus on training and improving your balance skills. Whether you are a busy senior or an athlete-in-training, the benefits of these balance classes will carry over into your other workouts and many areas of your life.

Tuesdays and Thursdays, 9:00-10:00 a.m.

#### **Cancer Exercise Program**

This class focuses on improving function, endurance, strength, and flexibility for cancer patients at any stage of treatment. Instructed by a certified cancer exercise trainer.

\$20 for six visits if you are a South Shore Hospital/Dana Farber Cancer Care patient.

Mondays and Wednesdays, 11:00-11:45 a.m.

#### **Core and More**

This program is designed for individuals who would like the attention of a personal training visit in a group setting to strengthen muscles and improve endurance.

Mondays and Wednesdays, 4:00-5:00 p.m. or 5:00-5:45 p.m.

#### **Fit for You**

Program for individuals who would like to improve their activity level, body composition, and cardiovascular endurance with the guidance of an exercise therapist.

Tuesdays and Thursdays, 3:00 p.m.-4:00 p.m.

#### **Functional Fitness Post-Stroke**

Program for individuals who have had a stroke and want to improve function, balance, and strength.

Tuesdays and Thursdays, 12:30-1:15 p.m.

#### **Get Up and Go**

Program for individuals looking for an inclusive, supervised exercise routine focused on improving strength, balance, and flexibility.

Tuesdays and Thursdays, 2:15-3:00 p.m.

### **Heart Healthy Program**

Program for individuals with a cardiac history to build endurance and improve strength.

Mondays and Wednesdays, 8:00-9:00 a.m.

### **Individual or Small Group Training**

Individuals or small groups can take advantage of the clinical expertise of an exercise therapist to improve wellness and achieve individualized goals.

\$45 per 45 minute session. (Individuals) \$50.00 for small groups up to 5

Please call to schedule a time.

### **Intermediate Exercise for 55+**

Exercise program for anyone over 55, this moderate resistance training and aerobic program focuses on improving strength, flexibility, and balance.

Mondays, Wednesdays, and Fridays 9:00-10:00 a.m. or 10:00-11:00 a.m.,

Tuesdays and Thursdays 11:00 a.m.-12:00p.m.

### **Men's Exercise**

Circuit-based exercise program designed for men over 55 who want to increase strength, flexibility, and endurance.

Mondays and Wednesdays, 3:00-4:00p.m. Fridays, 8:00-9:00 a.m.

### **Strengthen and Balance Program**

Exercise for anyone with any form of arthritis, as well as those planning a total joint replacement, to improve flexibility, strength and balance to help control pain.

Tuesdays and Thursdays, 10:00-11:00 a.m.

### **Women's Stretch and Strengthen Program**

Designed for women to increase/maintain bone density and improve strength and posture.

Exercises include resistance training, light aerobics, and core/postural strengthening.

Mondays, 12:00 p.m.-1:00 p.m and Fridays, 11 a.m.-12:00 p.m.

### **Yoga for Beginners and Intermediate**

Yoga provides relaxation and gentle stretching to relieve stress and improve well-being. All skill levels are welcome.

Tuesdays, 4:45-5:30 p.m. Cost is \$48 for six weeks.

## **AQUATIC PROGRAMS**

Outpatient Rehabilitation Center Pools

55 Fogg Road, South Weymouth

### **Aquatic Chronic Pain Program**

This program is designed around the supportive properties of water to alleviate pain and fatigue and improve sleep quality.

Mondays and Wednesdays, 2:30-3:15 p.m.

### **Aquatic Movement and Conditioning**

Exercises include total-body stretching and strengthening combined with cardiovascular activities. Program benefits include improved endurance, increased muscle strength and energy, and improved flexibility.

Mondays and Wednesdays, 3:30 - 4:30 p.m.

### **Aquatic Conditioning**

Exercises include cardiovascular activities and strengthening exercises in the 92 degree pool. Ideal for those looking for an after work pool program.

Tuesdays and Thursdays, 6:30 – 7:15 p.m.

### **Aquatic Movement and Dance**

This pool program will get you in motion to condition muscles and improve cardiovascular health, using music to set the tone.

Fridays, 2:00 p.m.-2:45 p.m.

### **Arthritis Aquatic Program**

Exercise for anyone with any form of arthritis. Focus is to improve flexibility and strength and to help control pain. Class meets in the 92 degree therapeutic pool.

Mondays and Fridays 12:00-12:45 p.m.

Tuesdays and Thursdays 12:00-1:00p.m., 2:00-3:00 p.m., Saturdays 9:30-10:30a.m., or 10:30-11:30 a.m.

### **Prenatal Exercise**

Open to women at any stage of pregnancy, our pool-based exercise program helps improve strength, minimize weight gain, and maintain flexibility.

Tuesdays, Thursdays, 5:00-5:45 p.m. 5:45-6:30 p.m. or 6:30-7:15 p.m.

Saturdays 10:30-11:15 a.m.

### **Senior Aquatic Conditioning**

Program for individuals over 55 with a chronic medical condition. Program assists in improving and maintaining flexibility, cardiovascular health, and muscle strength.

Tuesdays and Thursdays, 8:00-9:00 a.m.; 9:00-10:00 a.m.;

11:00 a.m.-12:00 p.m., 3:00-4:00 p.m. or 5:15-6:15 p.m., Mondays and Fridays 11:00 a.m.-12:00 p.m.

### **Stretch and Tone Exercise Program**

Improve function in this pool program, which includes strengthening and flexibility exercises.

Mondays (pool) 1:30 p.m.-2:30p.m.

### **Water Tots**

Open to any adult/child pairings (4 months to one year of age), this pool-based program focuses on gross motor development for the child and enhances bonding.

Wednesdays 11:30-12:00 p.m., Saturdays 8:00-8:30a.m. or 8:45-9:15a.m. \$50 for five weeks.

### **Women's Aquatic Conditioning**

All women may benefit from our pool program, which focuses on strengthening, flexibility, and body composition.

Mondays and Wednesdays 5:00-6:00 p.m. or 6:45-7:45 p.m

## **AQUATIC AND WELLNESS CENTER PROGRAM**

### **Movement and Balance Program**

A gym- and pool- based program helps improve flexibility, strength, and balance. Beneficial for patients with Parkinson's, post-stroke, arthritis, and balance issues.

Mondays and Wednesdays, 2:00-3:00 p.m. (gym) and Thursdays 1:00 -2:00 p.m. (pool)

## **PRICING AND CONTACT INFORMATION**

Programs are five and a half week sessions throughout the calendar year. One-hour, twice per week programs are \$80 and 45-minute programs are \$70 for 11 visits. One time per week classes are between \$35 and \$40. Three times per week classes are \$90.

All programs are instructed by exercise therapists.

Employees, Volunteers, and members of The Friends of South Shore Hospital receive a 10 percent discount.

Call (781) 624-4367 or email [jennifer\\_logan@sshosp.org](mailto:jennifer_logan@sshosp.org) for more information.

## **DIRECTIONS**

### **Directions to The Outpatient Rehabilitation Center Pools**

South Shore Hospital

55 Fogg Road, South Weymouth

#### From South

Northbound on Route 3: Take exit 16 off Route 3 on to Route 18 south (Main Street). At the third traffic light, turn left on to Columbian Street. Turn right on to Fogg Road, pass the hospital's emergency entrance on your right, and then turn right into the McKim Family Main Entrance parking lot.

#### From North

Follow I-93 south to Route 3 south (Braintree/Cape Cod). Take exit 16B off Route 3 on to Route 18 south (Main Street). At the third traffic light, turn left on to Columbian Street. Turn right on to Fogg Road, pass the hospital's emergency entrance on your right, and then turn right into the McKim Family Main Entrance parking lot

### Directions to South Shore Hospital's Center for Physical Wellness

"Entry Two" 51 Performance Drive, 3rd Floor

Weymouth

#### From South

Northbound on Route 3. Take exit 16 off Route 3 on to Route 18 south (Main Street). At the first traffic light, turn left on to Middle Street. Travel .5 miles and turn right onto Libbey Industrial Parkway, then turn left onto Performance Drive. At 51 Performance Drive, you will see the Weymouth Woods Medical Center building, straight ahead.

Park in the lot and enter the building through Entry Two. Proceed to the 3rd floor.

#### From North

Follow I-93 south to Route 3 south (Braintree/Cape Cod). Take exit 16B off Route 3 on to Route 18 south (Main Street). At the first traffic light, turn left on to Middle Street. Travel .5 miles and turn right onto Libbey Industrial Parkway, then turn left onto Performance Drive. At 51 Performance Drive, you will see the Weymouth Woods Medical Center building, straight ahead. Park in the lot and enter the building through Entry Two. Proceed to the 3rd floor.