

Heart to Heart

Medically-Based Exercise Program

*Medically
Supervised
Exercise*



Heart to Heart Exercise

- Safe, effective and fun exercise class for all ages and fitness levels
- Class includes aerobic conditioning on various equipment including Nusteps, treadmills, rowers and bikes
- Strength and flexibility daily component using various weights, bands, and balls
- Does not require a physician referral
- Led by multidisciplinary team including an Exercise Physiologist and Cardiac Nurse

**Classes every Monday, Wednesday, and Friday on the hour at
7 am, 8 am, 9 am, 10 am, or 11 am**

in the Cardiac Rehab Department at Tahoe Forest Hospital

Cost: 10 class punch card for \$75

Classes held at Cardiac Rehab
Tahoe Forest Hospital
10121 Pine Avenue, Truckee

Follow Tahoe Forest Health System!



Pre-Registration Required.

For more information and registration,
please call (530) 587-3769



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