

# CARDIOPUMP

Jan 5, 12, 19, &, 26, 2018 at the Dalton Hall

0930 - 1030

## What is CardioPump?

CardioPump is an aerobic workout that is performed to upbeat music, including Latin, hip-hop, pop, country, line dance, and middle eastern. Although CardioPump alternates high- and low-intensity moves, it can be modified to meet individual needs. Expect to burn tons of calories in a 60-minute class. No experience needed. No equipment required.

## Benefits:

When done on a regular basis:

- Reduces health risks
- Strengthens the heart
- Boosts energy and endurance
- Strengthens the core
- Keeps excess pounds at bay
- Improves flexibility

☐ **Caution:** some moves might exacerbate existing musculoskeletal pains or discomfort. Should this happen, modify to low-impact and always move within your pain-free range of motion. Wearing dance sneakers or cross-training shoes with flat sole/tread for ease in movement may help.

**Please consult with your physician** before participating in CardioPump if:

- this is the first time you're starting with an exercise program
  - you have an existing medical condition

## Sign-up in the Narthex on

*Saturdays, Dec 22 & 29 after the 5p mass*

*Sundays, Dec 23 & 30 after the 8:30a & 10:30 masses*

## Instructor Short Bio

This class is taught by parishioner, Marie Andresen, a Clinical Research Physician in Psychiatry with training in Integrative Mental Health. She is certified to teach Group Exercise and conducts trauma-sensitive yoga classes, Flowin', and essential low back pain series. Further, Marie is trained in Mindfulness and is board certified in Tai Chi. She is proud to offer only evidence-based classes.