

Winter Conditioning Class being offered at Mammoth Hospital's new S.P.O.R.T. Center  
By Karilyn Myers, Physical Therapy Manager



Mammoth Hospital's physical therapy department will be offering a 2005 winter conditioning exercise class. This class, offered in previous years at the former Myers and Associates Physical Therapy, is a great way to help participants enter the winter sport season more physically prepared. The class is open to everyone interested, which in the past has included current and former physical therapy patients, MMSA Ski Patrol and Ski School instructors. Class member Cara Isaac states "My husband and I have participated in the class the last few years. You can work at your own pace and adjust the program to fit your goals. It is a great way to get into shape for the ski season."

The focus of the winter conditioning class will include cardiovascular conditioning, metabolic training, strength and power training, balance and stabilization, plyometrics, stretching and agility. The class will be taught by the physical therapy staff at the new S.P.O.R.T. center at Mammoth Hospital. It will be broken up into approximately 35 circuit stations and participants will spend three minutes per station. The 35 stations are designed to address all of the above aspects of a winter conditioning program.

The six-week class will run from October 18<sup>th</sup> through November 29<sup>th</sup>, Tuesday and Thursday evenings from 6:30p.m. – 8:00p.m. The cost of the class is \$60 for the six-week session. Register early, as space is limited. For more information call 934-7302