



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HERE FOR YOUR HEART

Cardiac Club—Cardiac Rehab Phase III THE SKY FAMILY YMCA—VENICE

The Cardiac Club, or Cardiac Rehab Phase III, is a wellness program for adults with cardiac or pulmonary histories. Under the supervision of our Cardiac Care Specialist, these individuals will expand their ability and capacity for exercise with the end-goal to be able to exercise confidently and independently. Physician approval is required to begin this program.

- Program Fee: \$60
- Must become a member of the SKY Family YMCA

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