

2026 ADULT LIFESTYLE PROGRAMS

Hypertension Ex Rx

A 12-week cardio and resistance training exercise circuit designed to support those with high blood pressure. Dumbbells, ankle and wrist weights, bands, and balls add variety and fun. Blood pressure checks before and after exercise daily!

Diabetes Ex Rx

A 12-week cardio and resistance training exercise circuit designed to enhance insulin sensitivity and increase overall metabolism for managing blood glucose levels. Instructors will encourage self-glucose checks before and after exercise. This class is for participants diagnosed as pre-diabetic or Type II diabetes.

Diabetes Empowerment (DEEP)

6-week series for those newly diagnosed or needing support managing their diabetes. Participate in education and group activities to help with lifestyle changes to improve health.

Happiness Habits

Learn to create happiness for yourself and those around you in this 7-week program. Each week includes discussion, group support, snacks, and gentle movement.

Healthy Body and Better Brain

8-week program dedicated to learning about and practicing ways to improve and maintain brain health. Have fun doing art therapy, mindful movements and brain games, while socializing in a group.

A Matter of Balance

4-week series focused on learning to manage concerns about falls. Includes strength-building exercises, strategies for increasing confidence, and risk awareness.

Resistance Training Program

12-week program focused on learning the basics of resistance training in a group-setting with the guidance of a certified personal trainer. Program designed to build knowledge and confidence in a gym environment.

Time slots available Monday-Friday in the morning, afternoon, and early evening

The Pause Circle: A Menopause Support Group

A supportive space for people in all stages of menopause. Connect with others, share your journey, and learn from expert-led mini sessions. Staff can schedule patients with menopause-focused medical visits if desired.

MENOmorphosis

Exercise program designed to support women with healthy, active aging through cardio step training and dance, challenging resistance training, core and flexibility exercises. Complements The Pause Circle support group.

Breathe Better, Move More

Manage shortness of breath and increase function in this 4-week class. Learn how to identify and change your own breathing patterns, and explore the anatomy of breathing, the different jobs the nose does, breathing exercises, and classic breath-induced relaxation methods.



Registration Required. For more information, email HealthBuilders@elrio.org or call (520) 309-2084

2026 PROGRAMAS DE ESTILO DE VIDA PARA ADULTOS

Pause Circle: Un Grupo de Apoyo para la Menopausia

Un espacio de apoyo para mujeres en todas las etapas de la menopausia. Conéctate con otras, comparte tu trayectoria y aprende de mini sesiones dirigidas por expertos. El personal puede programar consultas médicas centradas en la menopausia si así lo desea.

MENOmorphosis

Programa de ejercicios para apoyar a mujeres durante la menopausia con entrenamiento de cardio, entrenamiento de resistencia y flexibilidad. Complementa el grupo de apoyo The Pause Circle.

Programa de Capacitación para la Diabetes (DEEP)

Una serie de 6 clases para personas que necesitan apoyo para controlar su diabetes. Educación y actividades grupales para ayudar a realizar cambios en el estilo de vida y mejorar la salud.

Un Asunto de Equilibrio

Una serie de 4 semanas enfocada en aprender a manejar las preocupaciones sobre las caídas. Incluye ejercicios de fortalecimiento, estrategias para aumentar la confianza y conciencia de los riesgos.

Programa de Entrenamiento y Resistencia

Un programa de 12 semanas centrado en aprender los conceptos básicos del entrenamiento de resistencia en un entorno grupal con la guía de un entrenador personal certificado. El programa está diseñado para desarrollar el conocimiento y la confianza en un entorno de gimnasio.

Varios horarios disponibles de lunes a viernes por las mañanas y tardes

Cuerpo Sano y Un Cerebro Mejor

Programa de 8 semanas dedicado a aprender y practicar formas de mejorar y mantener la salud del cerebro. Diviértete haciendo terapia artística, movimientos conscientes y juegos para estimular el cerebro y aprender de las comidas saludables mientras socializas en grupo.

SE REQUIERE REGISTRARSE



**PARA OBTENER MÁS INFORMACIÓN, ENVÍE
UN CORREO ELECTRÓNICO A
HEALTHBUILDERS@ELRIO.ORG**