Phase IV is often referred to as the maintenance phase because long-term lifestyle changes are emphasized. This phase teaches you to practice and retain healthy behaviors.

Our program is designed to meet your specific needs. The goals are to increase independent fitness activities, continue to improve quality of life and further reduce risk factors.

With the help and support from Riverside Health Fitness Center, you can stay on track to building a stronger heart today!

*Please note: Cardiologist / cardiac nurse referral is required.*
Program Components:
- Choose between 2 or 3 days per week of heart-healthy classes!
- Pulse, blood pressure and oxygen saturation monitoring performed.
- Weekly concise, health education sessions provided.
- Led by degreed Wellness Coaches.

Facility Membership:
Following the completion of your Phase IV program at Riverside Health Fitness Center, you will have the opportunity to transition into a full membership.

BUILD A STRONGER HEART AT RHFC!