



All Classes are **FREE!** Please call 806.331.2400 to RSVP, unless otherwise indicated.

## Group Exercise Classes

### ◆ Barre Body for Beginners and Beyond!

Incredible toning and strengthening workout for all levels. Targets all muscle groups for improved strength and flexibility. You will learn correct form to target the body, head-to-toe, in every workout. Equipment used is a sturdy chair and 1-3 lb. dumbbell weights.

### ◆ Core Fitness

A total body workout experience using light to medium weights and stability balls - concentrating on core strength with the ability to kick the workout up a notch for those who wish to do more.

### ◆ Fit Ball Foundations

30-minute class focusing on the foundation of strength, which is your core (abs and back). Learn how to engage these muscles and strengthen your balance in the process.

### ◆ Gentle Yoga

A gentle yoga class focused on breath & movement to help heal and strengthen the body and soul. Class will be designed around the needs of the students. Our aim is to create an environment of peace and inner strength. All levels welcome! Dress in comfy clothes. Class will meet in the lobby of the Survivorship Center.

### ◆ Healing Qigong

This class combines movement with breathing for a slow, full body workout. Most of the movements will be done in a seated position, so it is appropriate for people of all ages and abilities. Qigong exercise has many health benefits including improved circulation, better balance and coordination, and increased strength and flexibility.

### ◆ Regaining your Balance

This class is the "musical chairs" of the exercise world. You will be able to increase muscle strength, balance, endurance, flexibility and coordination at your own pace, all while having FUN!

### ◆ Stationary Bike Class

Stationary Bike Class is a low impact workout, meaning it puts minimal stress on your joints. You'll ride to the beat of music from the instructor while getting a cardiovascular workout. The intensity of this class is participant driven (by adjusting the tension on the stationary bike), with a goal of having survivors participate in a stationary fashion at 24 Hours in the Canyon. The Wednesday class will meet in the Survivorship Lobby and the Thursday class will meet at the Amarillo National Bank Plaza Two Building Gym- 500 S Taylor.

### ◆ Tai Chi

Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. This type of exercise consists of continuous and flowing movements. It will work to improve balance, and reduce your risk for falls. It will increase coordination, flexibility, and overall wellness.

### ◆ Walking Toward 2018 Amarillo 5K

Looking for a new way to get motivated & moving? Come join us as Susan Trollinger Cancer Exercise Specialist/CPT takes us for a walk inside or outside. This class will prepare you for the 2018 Amarillo 5K that will be in April.

### ◆ Water Exercise

This activity focuses on improving and maintaining joint flexibility, range of motion, and muscle strength. Water offers natural resistance, which helps strengthen your muscles. The pool is only 4 feet deep, so you need not be an expert swimmer. Class meets at Amarillo National Bank Plaza Two Building Gym - 500 S. Taylor

### ◆ Zumba

Zumba follows the Latin Dance inspired workout with a party like atmosphere. Lower intensity workout class that recreates and modifies the original moves you love. Dance in one of the very best workouts that includes cardio, muscles, balance, flexibility, and memory. Wear comfortable loose fitting clothes that allow movement and tennis shoes.

### ◆ Personal Trainer

Come meet with our Cancer Exercise Specialist/Certified Personal Trainer and let her devise a plan to help build your strength and endurance during and after treatment. We provide you with 3 sessions with her and you have the opportunity to receive a FREE 90-day membership to the Amarillo Town Club! [Call Susan today at \(806\)679-6700 for more information.](tel:8066796700)

## Meditation, Mindfulness & Body

### ◆ Massages

Experience a brief upper body massage for relaxation from our Oncology Trained Massage Therapist. [To make an appointment call 806.471.2707.](tel:8064712707) Be sure to leave a message. She will return your call ASAP.

### ◆ Meditation Monday

This meditation practice supports a powerful process of relaxation and self-awareness. Join us as we learn the benefits of meditation. Meditation practice enhances your ability to navigate stress and anxiety better, elevates the immune system, improves pain management and sleep, and increases your capacity to experience more joy.

### ◆ Cancer Care Group

Hope, Anxiety, Purpose, & Fear are common processes cancer survivors face - Be encouraged as we walk thru the struggles of being a cancer survivor. [\\*Spouse/Caregiver encouraged to attend.](#) This bi-monthly (2nd & 4th Wednesdays) class is led by Elizabeth Clark, LPC and Bob Attaway, Pastor & cancer survivor.

## Expressive Arts

### ◆ Art Group

You do not have to be an artist to use art as an expressive outlet. This group will utilize different types of art media to explore what words cannot express. Caution the projects could get messy.

### ◆ Flower Arrangement Class

Have you ever wanted to spruce up your table or have fresh flowers in your entryway? Come to this class for Flowers, Fellowship and Fun! We'll make a fresh cut arrangement and talk about do's and don'ts of flower care. First time *participants will be signed up first and those that have participated in the past will be added to the waiting list.* No seating available. Standing is required. **Budding Art By Kerry 2640 SW 34<sup>th</sup> \*\*CLASS SIZE IS LIMITED TO 10\*\***

## Nutrition

### ◆ Warm Up with Healthy Soups

As the seasons change and temperatures drop, there's nothing like having a nice bowl of soup to warm you up on a chilly day. Join us for our monthly nutrition class as we discuss healthy and nourishing soup ideas. We will even prepare some soup during our class for you to sample!

## Extra

### ◆ Cancer Survivor Night with the Amarillo Bulls

Join us for Cancer Survivor night with the Amarillo Bulls. The Bulls will be wearing special jerseys recognizing all the colors of cancer. We believe THEY ALL MATTER & want you to join us as we celebrate! Survivors will be involved in games at each intermission and recognized during the game. Afterwards, the game-worn jerseys will be auctioned off and 100% of proceeds will come to the Survivorship Center. Tickets will be provided to Cancer Survivors and immediate family (while supplies last).

### ◆ Knitting Group

Sit and knit in a casual setting. Bring your own project and learn from each other. Please RSVP to 806-331-2400.

### ◆ Book Club

Join us on our reading adventures. It is never too late to join this group. Please join us at Palace Coffee at 7304 SW 34<sup>th</sup> Ave. We will be discussing "A Christmas Return" by Anne Perry.

### ◆ Unexpected Class

This is a program for anyone diagnosed with cancer. Caregivers, family, & friends may attend with you. You'll learn effective coping skills via the 6 stages of The Change Cycle TM model & how to communicate to best respect, care, & assist each other with emotions, questions, & coping needs. Class meets at Northwest Texas Hospital, Materials Management Rm. [Call Sharon Felts @ 806-282-4706 for more info & to register.](tel:8062824706)