

About our Classes

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 & 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

Balance exercises can help you maintain your balance and confidence at any age. Join us and learn about how to regain or maintain your balance. There will be a short discussion about balance followed by basic balance exercises.

◆ 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. This 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 the Jingle Bell Run

Looking for a new way to get motivated & moving? Join us as Susan Trollingier Cancer Exercise Specialist/CPT takes us for a walk inside or outside. This class will prepare you for upcoming events.

◆ 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 one-on-one sessions to get you going.

Call Susan today at (806)679-6700 for more information.

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.** 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.

◆ Embossing

Embossing has been around for decades and is commonly used to create a raised texture on craft items. It's a very simple process to create a gorgeous result. Join us as we learn to emboss on glass ornaments. Class size limited to 20. **PLEASE RSVP BY DECEMBER 7th.**

Extra

◆ Ribbon Cutting Ceremony and Open House

Join us as we celebrate the Grand Opening of the 24 Hours in the Canyon Cancer Survivorship Center inside Bivins Pointe. The Amarillo Chamber of Commerce will be doing a Ribbon Cutting at 11:30am. Come take a tour & see what the Cancer Survivorship Center has to offer!

◆ Soup and Sock Exchange

Sock it to Me! Join us for an afternoon of Holiday Cheer. Soup's on at noon, and sock exchange is at 12:30. Please bring a pair of Holiday socks to participate in the sock exchange. Bingo will begin at 1:00 pm.

◆ Book Club

Join us on our reading adventures. It is never too late to join this group. Please call 806-331-2400 for this month's location. We will be discussing **"The Paper Bags" by Kevin Alan Milne.**