



Cancer Survivorship Center

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# February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUNDAY
				<b>1</b> 9:00am – 10:00am Tai Chi 10:15am – 11:15am Feel Good Friday	<b>2</b>          <b>3</b>
<b>4</b> 9:30am - 10:30am Water Exercise 5:30pm – 6:00pm Fit Ball Foundations 6:15pm - 7:15pm Zumba	<b>5</b> 10:00am – 11:00am Yoga 12:00pm – 1:00pm Art Group 5:45pm – 6:45pm Walking Group	<b>6</b> 9:30am - 10:30am Water Exercise 11:30am – 12:30pm Welcome Wednesday 12:00pm - 1:00pm Qigong 2:00pm - 7:00pm Massage 5:30pm - 6:30pm Workout Wednesday 5:45pm – 6:15pm Moving Forward	<b>7</b> 10:30am - 11:30am Bells and Bands 2:00pm - 3:00pm Regaining Your Balance 5:45pm – 6:45pm Yoga	<b>8</b> 9:00am – 10:00am Tai Chi 10:15am – 11:15am Feel Good Friday	<b>9</b>          <b>10</b>
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## About our Classes

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

### Group Exercise Classes



#### Bells and Bands **new**

Build strength and bone density by using resistance bands and dumbbells.



#### 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.



#### 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.



#### 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 Group **new**

Looking for a new way to get motivated & moving? Join us as Julie Buckles Cancer Recovery Specialist/NFPT-CPT and Susan Trollinger Cancer Exercise Specialist/CPT takes us for a walk inside or outside. This class will be divided into two activity levels. This class will prepare you for upcoming events. Walking Group will meet at Sunset Center (3701 Plains Blvd). Please use the North entrance.



#### 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**



#### Workout Wednesday **new**

To maintain a healthy and challenging exercise regimen, it's important to diversify your workouts with a variety of activities. We will explore new and challenging types of exercise each week.



#### 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.



#### 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.

#### ACTIVITY LEVEL



Gentle Activity



Active Activity



Very Active Activity

### Personal Training

#### ◆ 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

#### ◆ Messages

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.

#### ◆ Support 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.

### Extra

#### ◆ Feel Good Friday **new**

Join us for a social time with all types of survivors and activities. You can enjoy tea, coffee and conversation.

#### ◆ Welcome Wednesday **new**

Adults (over 18) impacted by cancer are invited to attend a Welcoming Orientation session to learn about our free programs and services.

#### ◆ Book Club

Join us on our reading adventures. It is never too late to join this group. This group will meet at the Cancer Survivorship Center. We will be discussing "The Boys in the Boat" by James Brown.

#### ◆ Moving Forward **new**

A 4-week program for men and women newly diagnosed or currently in treatment. The program will focus on Eating Better/Functioning Better, Sleeping Better, Coping Better, Feeling Better while facing the challenges of treatment.

#### ◆ Mystery Class **new**

Join us once a month as we explore new creative outlets for you to enjoy. This class will open your eyes to many ways of relieving the stresses of daily life and/or treatment, experiencing community through fellowship with other survivors, & provide you with creative therapeutic outlets. **Please RSVP by Feb 15<sup>th</sup> for this class.**