

About our Classes

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

Group Exercise Classes



Bells and Bands

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.



Pound new

Become one with the music and channel your inner rock star in this energizing, full body, cardio, conditioning, and strength training workout inspired by the fun of playing the drums. With yoga and pilates inspired moves. The POUND® workout is easily modifiable and provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out!



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 new

Stationary Bike Class is a low impact workout. The intensity of this class is participant-driven 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 Group

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. This class will meet at the Cancer Survivorship Center Activity Room.



Walking Soney Trail

Come get ready for the Lighthouse Trail Hike. Meet at Wildcat Bluff Parking Lot 2301 N Soney and walk with Susan Trollinger. Weather permitting. Please RSVP to Susan for this class. 806-679-6700.



Water Exercise

This activity focuses on improving and maintaining joint flexibility, range of motion, and muscle strength. 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

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

◆ 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.

◆ 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.

◆ 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 34th **CLASS SIZE IS LIMITED TO 10***

Extra

◆ Feel Good Friday

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

◆ Welcome Wednesday

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 Heart Between Us" by Lindsay Harrel.

◆ Mystery Class

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.

◆ Lighthouse Trail Hike

Meet in Lighthouse parking lot. Bring a sack lunch, something to carry water, and wear good hiking/tennis shoes. This is a 6.5-7.0-mile hike (3.25 out & back). The terrain is mild for the first 2.5 miles out, with increasing difficulty to the top. We will have water, snacks, & volunteers to help you along the way. **You must RSVP to 806-679-6700 by 04/15/19.**