



Cancer Survivorship Center

6600 Killgore Suite 100 | Amarillo, TX 79106
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June 2019

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT/SUNDAY

**SAVE
THE
DATE**

SURVIVOR CELEBRATION



Thursday, July 18, 2019
6PM - 9PM
Amarillo Civic Center
Grand Plaza

DINNER PROVIDED FOR SURVIVOR & GUEST
RSVP BY JULY 11TH TO (806)331-2400

KEYNOTE SPEAKER
JON WILSON



JON'S STORY WILL INSPIRE YOU TO OVERCOME ANY OBSTACLE YOU'VE FACED DURING YOUR CANCER JOURNEY

Sam the therapy dog will be here 30 minutes before class



Please RSVP to classes with **

1

2

3

9:30am - 10:30am
Water Exercise
5:30pm - 6:00pm
Fit Ball Foundations
6:15pm - 7:15pm
Zumba

4

10:00am - 11:00am
Yoga
12:00pm - 1:00pm
**Art Group
1:45pm - 2:15pm
Pound
5:45pm - 6:45pm
Walking Group

5

9:30am - 10:30am
Water Exercise
11:30am - 12:30pm
Welcome Wednesday
12:00pm - 1:00pm
Qigong
5:30pm - 6:30pm
Workout Wednesday

6

10:30am - 11:30am
Bells and Bands
2:00pm - 3:00pm
Regaining Your Balance
5:45pm - 6:45pm
Yoga

7

9:00am - 10:00am
Tai Chi
9:00am - 1:00pm
Massage
10:15am - 11:15am
Feel Good Friday

8

9

10

9:30am - 10:30am
Water Exercise
5:30pm - 6:00pm
Fit Ball Foundations

11

10:00am - 11:00am
Yoga
1:45pm - 2:15pm
Pound
5:45pm - 6:45pm
Walking Group

12

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
6:30pm - 7:30pm
Support Group

13

10:30am - 11:30am
Bells and Bands
2:00pm - 3:00pm
Regaining Your Balance
5:45pm - 6:45pm
Yoga

14

9:00am - 10:00am
Tai Chi
10:15am - 11:15am
Feel Good Friday

15

16

17

9:30am - 10:30am
Water Exercise
5:30pm - 6:00pm
Fit Ball Foundations
6:15pm - 7:15pm
Zumba

18

10:00am - 11:00am
Yoga
1:45pm - 2:15pm
Pound
5:45pm - 6:45pm
Walking Group
6:00pm - 8:00pm
**Painting on Canvas

19

9:30am - 10:30am
Water Exercise
11:30am - 12:30pm
Welcome Wednesday
12:00pm - 1:00pm
Qigong
5:30pm - 6:30pm
Workout Wednesday

20

10:30am - 11:30am
Bells and Bands
2:00pm - 3:00pm
Regaining Your Balance
5:00pm - 5:45pm
Session with Sam
5:45pm - 6:45pm
Yoga

21

9:00am - 10:00am
Tai Chi
10:15am - 11:15am
Feel Good Friday

22

23

24

9:30am - 10:30am
Water Exercise
5:30pm - 6:00pm
Fit Ball Foundations
6:15pm - 7:15pm
Zumba

25

12:00am - 4:00pm
Massage
10:00am - 11:00am
Yoga
1:45pm - 2:15pm
Pound
5:30pm - 6:30pm
**Cancer Nutrition 10
5:45pm - 6:45pm
Walking Group
6:00pm - 7:00pm
Book Club

26

9:30am - 10:30am
Water Exercise
11:30am - 12:30pm
Welcome Wednesday
12:00pm - 1:00pm
Qigong
5:30pm - 6:30pm
Workout Wednesday
6:30pm - 7:30pm
Support Group

27

10:30am - 11:30am
Bells and Bands
2:00pm - 3:00pm
Regaining Your Balance
5:45pm - 6:45pm
Yoga

28

9:00am - 10:00am
Tai Chi
10:15am - 11:15am
Feel Good Friday

29

30

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.



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.

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.

◆ Painting on Canvas

Enjoy an evening out on us at Burn Studio (4111 Business Park)! With step-by-step instruction on how to paint on canvas. We will enjoy painting and fun. BYOF Bring your own Food. Survivors are FREE and may bring a guest for \$30. **You must RSVP to 806.535.4419 or burnstudioreservations@gmail.com.**

Nutrition

◆ Cancer Nutrition 101

An opportunity to learn evidence-based nutrition information for eating well before, during and after cancer.

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 "An American Marriage" by Tayari Jones.

◆ Session with Sam

Join Sam the therapy dog for an exciting interactive activity this month.