



October 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUNDAY

Please RSVP to classes with **

1
 10:00am – 11:00am
 Yoga
 1:00pm – 1:30pm
 Pound
 5:45pm – 6:45pm
 Walking Group

2
 9:30am - 10:30am
 Water Exercise
 11:30am – 12:30pm
 Welcome Wednesday
 12:00pm -1:00pm
 Qigong
 5:30pm - 6:30pm
 Workout Wednesday

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

4
 9:00am – 10:00am
 Tai Chi
 10:15am – 11:15am
 Feel Good Friday

5
6

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

8
 10:00am – 11:00am
 Yoga
 12:00pm – 1:00pm
 **Art Group
 1:00pm – 1:30pm
 Pound
 5:45pm – 6:45pm
 Walking Group

9
 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

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

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

12
13

14
 5:30pm – 6:00pm
 Fit Ball Foundations
 6:15pm - 7:15pm
 Zumba

15
 10:00am – 11:00am
 Yoga
 1:00pm – 1:30pm
 Pound
 5:30pm – 6:30pm
 **Cancer Nutrition 101
 5:45pm – 6:45pm
 Walking Group

16
 9:30am - 10:30am
 Water Exercise
 11:30am – 12:30pm
 Welcome Wednesday
 12:00pm -1:00pm
 Qigong
 5:30pm - 6:30pm
 Workout Wednesday

17
 10:30am - 11:30am
 Bells and Bands
 2:00pm - 3:00pm
 Regaining Your Balance
 5:45pm – 6:45pm
 Yoga

18
 9:00am – 10:00am
 Tai Chi
 9:00am - 1:00pm
 Massage
 10:15am – 11:15am
 Feel Good Friday

19
20

21
 9:30am -10:30am
 Water Exercise
 12:00am - 4:00pm
 Massage
 5:30pm – 6:00pm
 Fit Ball Foundations
 6:00pm – 7:00pm
 Book Club
 6:15pm - 7:15pm
 Zumba

22
 10:00am – 11:00am
 Yoga
 1:00pm – 1:30pm
 Pound
 5:45pm – 6:45pm
 Walking Group

23
 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

24
 10:30am - 11:30am
 Bells and Bands
 2:00pm - 3:00pm
 Regaining Your Balance
 5:45pm – 6:45pm
 Yoga

25
 9:00am – 10:00am
 Tai Chi
 10:15am – 11:15am
 Feel Good Friday

26
27

28
 9:30am -10:30am
 Water Exercise
 5:30pm – 6:00pm
 Fit Ball Foundations
 6:15pm - 7:15pm
 Zumba

29
 10:00am – 11:00am
 Yoga
 1:00pm – 1:30pm
 Pound
 5:45pm – 6:45pm
 Walking Group

30
 9:30am - 10:30am
 Water Exercise
 11:30am – 12:30pm
 Welcome Wednesday
 12:00pm -1:00pm
 Qigong
 5:30pm - 6:30pm
 Workout Wednesday
 6:45pm – 7:30pm
 **Session with Sam

31
 10:30am - 11:30am
 Bells and Bands
 2:00pm - 3:00pm
 Regaining Your Balance
 5:45pm – 6:45pm
 Yoga

Walking Class has a NEW MEETING LOCATION !!
Please see the description on the back for new location!

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

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.



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 Coulter Road Baptist Church RAD building (4108 Coulter St)**



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.** Please call/text to schedule your appointment Monday – Friday between 9:00 am and 5:00pm. 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. **PLEASE RSVP to 806-331-2400**

Nutrition

◆ Cancer Nutrition 101

An opportunity to learn evidence-based nutrition information for eating well before, during and after cancer. **PLEASE RSVP to 806-331-2400**

Extra

◆ 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 "From Scratch" by Tebi Locke.

◆ 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.

◆ Session with Sam

Join Sam the therapy dog for an exciting interactive activity this month. Please RSVP to 806-331-2400. **There must be 5 people for this class to take place.**

Sam the therapy dog will be here 30 minutes before class

