

Please see important safety information listed on the back About our Classes

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

ACTIVITY LEVEL

 **Gentle Activity**
Very Active Activity

 **Active Activity**



Group Exercise Classes

Chair Yoga

Chair yoga is modified yoga poses so that they can be done while seated in a chair.

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 take 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 entrance of the Cancer Survivorship Center. You will be walking outside weather permitting.

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. **You must bring your own yoga mat.**

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 9:00am 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.

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**

SAFETY INFORMATION

- If you are sick or not feeling well, please stay home.
- Masks are required to enter the building, during check in, and while leaving the building.
 - Masks are optional during the workout.
- Please maintain 6 ft between yourself and others at all times.
- All classes are first come first serve and limited to 11 participants.
- Please bring your own yoga mat.
- Please bring your own water.
- Outdoor classes will be weather permitting and will move indoors if necessary.

Please observe the above safety guidelines in order to help insure everyone's safety during this time.

Please remember there are 100+ wellness classes available on our website.
<https://www.24survivorship.org/videos/>

