



# JOURNEY TO WELLNESS

## Programs for Cancer Patients & Survivors



This wonderful program is dedicated to providing cancer patients & survivors with affordable & empowering fitness programs in a healthy, positive, supportive environment within their community. With the guidance of our Certified Cancer Exercise Specialist/Certified Personal Trainers, the program provides one-on-one guidance or group sessions for cancer patients or survivors. Our goal is to aid in the recovery & general fitness during/after cancer treatment, and to also transition participants to workout on their own or attend classes on our Fitness Schedule.

### MONTHLY GROUP PROGRAM

This program provides you the choice of attending 3 group fitness classes per week consisting of land fitness, aqua fitness & yoga/stretching. Initially each participant receives an exercise program tailored to their specific needs. By its design, the group format fosters friendships and support among participants.

**Fee: \$37/month**

**Class#: 470**

Aqua: Mon 12:45-1:45 pm OR Thurs 6:45-7:30 pm

Land: Mon 4:00-5:00 pm OR Wed 1:30-2:30pm

Yoga/Stretch: Sun 2:00-3:00 pm

### MONTHLY PLUS PROGRAM

Enjoy the benefits of the Monthly Group Program PLUS unlimited visits to the Trails Recreation Center for the month enrolled in the program to work on your individual program, enjoy our pool, hot tub, track, etc.

**Fee: \$53/month**

**Class#: 471**

### 6-VISIT PERSONAL TRAINING

This option is available for those that prefer more specific & individualized one-on-one assistance. We will help you set goals, measure your progress & provide personalized guidance to ensure success.

**Fee: \$160 for 6 sessions**

**All participants must complete a Journey to Wellness Packet.**

**Packets can be requested at our Front Desk or by calling**

**Andrea or Calisse at 303-269-8427.**

**Once we receive your packet, one of our Certified Cancer Exercise Specialists will contact you to set up your initial assessment.**

