



JOURNEY TO WELLNESS

Programs for Cancer Patients & Survivors

Revised 8/1/19

Journey to Wellness is dedicated to providing cancer patients & survivors with an affordable & empowering fitness program in a healthy, supportive environment within their community. This program provides one-on-one and/or small group sessions for cancer patients & survivors (within 1 year of diagnosis/treatment).

Our goal is to aid in the recovery, general fitness, and well-being of each individual during & after cancer treatment. The ultimate goal is to assist participants in gaining the confidence to transition towards independent workouts and adopting a healthier lifestyle allowing them to participate in the activities they most enjoy.

With the guidance of our Certified Personal Trainers/Cancer Exercise Specialists, the program offers strength & cardio fitness, aqua fitness and nutritional guidance with options for one-on-one or small group sessions. The group format fosters friendships and support among participants.

Journey to Wellness First Year Program

New participants will begin with an initial assessment in order to design an individualized program. The first month will consist of weekly one-on-one sessions with one of our Certified Personal Trainers/Cancer Exercise Specialists.

After the initial 30 days, the participants can choose weekly small group training classes with other Journey to Wellness participants in strength & cardio fitness, aqua fitness, and/or they may choose personal training/private yoga sessions at the reduced rate below. In addition, we will provide one quarterly group session with our Nutrition Coach. Individual Nutritional Consulting is also available at the discounted rate below.

Fee: \$42 per month

Journey to Wellness First Year PLUS Program

This option allows JTW participants all the benefits of the regular program PLUS unlimited visits to The Trails Recreation Center. This includes the use of our weight room, pool, hot tub, track and all fitness classes on our group fitness schedule

Fee: \$58 per month

Journey to Wellness First Year Personal Training/Private Yoga

6 Sessions for \$180

Journey to Wellness First Year Nutritional Consulting

3 Sessions for \$120



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Journey to Wellness Second Year Program

After participants have completed their first year of the Journey to Wellness Program, they will be eligible for various pass discounts to continue their fitness journey individually or may do so in a weekly advanced small group training with other second year participants.

- Advanced Small Group Training (1 time per week)
- 10% Off Individual Annual Pass for District Residents
- 20% Off Individual Annual Pass for Non-District Residents
- \$62 for 20 punch pass (maximum of 4 punch passes)

Fee: \$37 per month

Journey to Wellness Social Gathering

Once per quarter we will plan a social outing open to all participants (first & second year). The events will generally be offsite & may include coffee, lunch, walks, picnic, dessert, etc.

For more specific information & to get started in our Journey to Wellness Program, please contact Andrea at 303-269-8416 or andrearob@aprd.org.