



Cancer Wellness

A RIVERSIDE CLINICAL WELLNESS PROGRAM
FOR CANCER PATIENTS & SURVIVORS

Lead by an ACSM Certified Cancer Exercise Trainer, sessions include:

- 3 Yoga Sessions
- 3 Mindfulness practices
- 3 functional training sessions
- 3 circuit training sessions
- 4 HIIT/Core workouts
- 4 general cardio/strength workouts

Exercise is medicine; and for Cancer patients and survivors, exercise can be a vital tool to help you throughout cancer treatment and improve fitness levels beyond treatment and into remission.

At the Riverside Wellness & Fitness Centers, our 12 week Cancer Wellness Program acts as a support group for cancer survivors and current cancer patients, and was designed to help increase strength and endurance, improve mood, and increase your overall quality of life. Participants will receive supervised exercise, including individual aerobic exercise, yoga and strength and flexibility training to help improve strength, endurance, flexibility & overall health.

Upcoming Session Dates:

October 20th - January 7th
Classes will be held Tuesdays & Thursdays at 4:30 pm in Studio 2

Session Pricing:

\$90 for 12-week program

**Class sizes are limited and sterilization & cleaning precautions are in place to ensure the safety of all participants. Call us at 757-875-7525 to sign-up or stop by our front desk.*

For more information, call 757-875-7525 or email Beth.Gross@rivhs.com