

COMMITTED EXERCISE CLASSES

The following classes are committed classes that require a Medical Release, Health History and an exercise consultation prior to registration. Please contact Amanda Woods at awoods@wellnesshouse.org to schedule an exercise consultation.

Exercise for Living Well

Instructor-led exercises designed to teach independent exercise. This program utilizes a new resistance plan each month and is suitable for post-treatment survivors interested in learning how to exercise independently.

Level II – appropriate for participants who can complete floor exercises and get up without assistance

Level I – appropriate for participants who can stand while exercising for at least 30 minutes



Exercise for Staying Well

Instructor-led exercises for increasing endurance, strength, flexibility and balance. For survivors interested in regaining fitness and improving health through regular exercise.

Level II – appropriate for participants who can complete floor exercises and get up without assistance

Level I – appropriate for participants who can stand while exercising for at least 30 minutes

Exercise for Getting Well

Gentle, chair-based exercises for people experiencing difficulties due to cancer treatment.

Pink Ribbon Fitness

Customized exercises for breast cancer survivors.

Men's PE Class

This program is suitable for male participants in all stages of prostate cancer. Men's Prostate Exercise (P.E.) Classes consist of strength and stability exercises designed to improve physical, mental and emotional health. Join us and exercise at a pace that you're physically able to maximize your personal fitness.

