

Cancer WellFit Program™

SANTA BARBARA ATHLETIC CLUB

520 Castillo St.
Santa Barbara
(located across the street
from the DMV)

LOMPOC

Carnahan Therapy
Walnut Pier Health Club
803 E. Walnut Avenue,
Lompoc

SANTA YNEZ

Stuart C. Gildred Family YMCA
900 N. Refugio Rd.
Santa Ynez

Program Goal

To empower cancer patients to improve functional capacity and to increase their quality of life through an organized program of fitness and strength.

Cancer WellFit™ Program
Santa Barbara Athletic Club
520 Castillo St.
Santa Barbara, CA 93101

Cancer WellFit Program™

**A Fitness Program
for
Cancer Patients
and Survivors**



Sponsored by
The Cancer Center of Santa Barbara
And
Santa Barbara Athletic Club

The Cancer WellFit Program™

is a 10 week small group program designed for cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease. Our goal is to help patients build muscle mass and muscle strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes, and improving energy levels and self esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle as a part of their recovery and as a way of life.

THIS SERVICE IS FREE OF CHARGE. Pre-registration is required and class size is limited. To Register;

- For SBAC or COAC classes contact Paula Lilly at (805) 966-6147 ext. 262
- For Lompoc classes, call Karin Montoya at 736-3943 or Teresa Mars at 737-1604.
- For Santa Ynez classes call 686-2037 and ask for Paula Parisotto.

Please note that classes will be cancelled in the case of low enrollment.

Schedule 2008

SBAC

Group 1 - MW 2:00 – 3:00 pm
Jan 7 – Mar 12

Group 2 - T/TH 11:00am – noon
Jan 22 – Mar 27

Group 3 - T/TH 1:30 – 2:30 pm
Feb 5 – Apr 10

Group 4 - T/TH 4:00 – 5:00 pm
Feb 12 – Apr 17

Group 5 - MW 2:00 – 3:00
Mar 24 – May 28

Group 6 - T/TH 11:00am – noon
Apr 8 – June 12

Group 7 - T/TH 1:30 – 2:30 pm
Apr 22 – June 26

Group 8 - T/TH 4:00 – 5:00 pm
May 20 – July 24

Group 9 - MW 2:00 – 3:00
June 9 – Aug 13

Group 10 - T/TH 11:00am – noon
June 24 – Aug 28

Group 11 - T/TH 1:30 – 2:30 pm
July 8 – Sept 11

Group 12 - MW 2:00 – 3:00
August 18 – Oct 22

Group 13 - T/TH 4:00 – 5:00 pm
August 19 – Oct 23

Group 14 - T/TH 11:00am – noon
Sept 9 – Nov 13

LOMPOC

T/Th 1:30 – 2:30pm

Group 1 – February 5 – April 17

Group 2 – April 22 – June 26

Group 3 – June 30 – Sept 4

SANTA YNEZ

M/W 11:00 – 12:00 noon

Group 1 - Jan 14 – Mar19

Group 2 - Apr 7 – June 11

Group 3 - June 23 – Aug 27

Group 4 - Sept 8 – Nov 12