

Aquatic Therapy is Back!

# Water Fitness for Cancer Survivors

After a long hiatus, we are elated to now be able to offer our popular and rehabilitating Aquatic Exercise Class at Allan Hancock College as a valuable component of our Cancer Rehab Program.

**Fridays, beginning August 20 and 27, 2021**

**Allan Hancock College**

800 South College Drive, Santa Maria

To get started, please schedule your fitness assessment and reserve your spot in the class. Contact John Malinowski at 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande).



## LYMPHEDEMA PREVENTION EXERCISE

Therapeutic exercise class designed for breast cancer survivors and those battling chronic conditions.

**Marian Health & Wellness Center, SM**

JUL 6, 13, 20, 27 &  
AUG 3, 10, 17, 24, 31

Reservation and assessment required; call John Malinowski at 805.346.3413

**Mission Hope Cancer Center, AG**

JUL 1, 8, 15, 22, 29 &  
AUG 12, 19, 26

Reservation and assessment required; call John Malinowski at 805.474.5334

## YOGA FOR CANCER PATIENTS AND SURVIVORS

This **Gentle Yoga** class features slower paced movements focusing on alignment, strength, balance, and flexibility. No experience required; please bring a yoga mat.

**Mission Hope Cancer Center, AG**

JUL 1, 8, 15, 22, 29 &  
AUG 5, 12, 19, 26

Please call John Malinowski at 805.474.5334 to reserve a spot. A fitness assessment is required before attending

JUL 12 & AUG 2; 5:00 PM

 **Virtual/Zoom Meeting**

Please call HCRC at 805.542.6234

## PILATES FOR SURVIVORS

Certified instructor Julie Coleman is trained to modify moves to a cancer survivor's needs. Pilates is a wonderful tool to find strength and stability again. Combat fatigue, connect to your breath, strengthen core muscles, and create a firm foundation.

**Mission Hope Cancer Center, AG**

JUL 1, 8, 15, 22, 29 &  
AUG 5, 12, 19, 26

**Held onsite, the class size is limited.**

Please call John Malinowski at 805.474.5334 to reserve a spot. A fitness assessment is required before attending

JUL 20 & AUG 17; 9:00 AM

 **Virtual/Zoom Meeting**

Please call HCRC at 805.542.6234

## TRX WORKOUTS

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

**Mission Hope Cancer Center, AG**

JUL 1, 8, 15, 22, 29 &  
AUG 5, 12, 19, 26

Please call John Malinowski at 805.474.5334 to reserve a spot.

A fitness assessment is required before attending

## LEARN GOLF

The group meets on a 12-hole, par 3 portion of the golf course to learn the rules of golf along with tips on putting, chipping and hitting.

**Monarch Dunes, Nipomo**

JUL 14, 28 & AUG 11, 25

By appointment: please call John Malinowski at 805.346.3413. A fitness assessment is required before attending

## FIGHT AGAINST FALLS EXERCISE CLASS

Participants gain the knowledge to reduce the risk of falls in addition to conditioning the muscles to battle muscle fatigue and gain strength.

**Marian Health & Wellness Center, SM**

JUL 2, 9, 16, 23, 30 &  
AUG 13, 20, 27

Reservation and assessment required; call John Malinowski at 805.346.3413

**Mission Hope Cancer Center, AG**

JUL 1, 8, 15, 22, 29 &  
AUG 12, 19, 26

Reservation and assessment required; call John Malinowski at 805.474.5334



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**Dignity Health.**  
Cancer Care

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[www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)