

Working toward fitness in 2022

Exercise and movement during and after cancer treatment work to improve your quality of life and how you function physically by strengthening balance, improving blood flow, and reducing anxiety. In addition, the camaraderie and the social connections often formed enhance self esteem and can produce long lasting psychosocial benefits.

12-Week Cancer Rehabilitation Program

You are invited to work with our certified exercise trainer to develop your personal fitness goals which are tailored to your specific needs and abilities. This 12-week program includes group strengthening and aquatic exercise.

MARIAN HEALTH & WELLNESS CENTER, SANTA MARIA

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Reservation and assessment required; please call John Malinowski, ATC, CET, at 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande)

Circuit Training

Circuit training is a form of exercise that involves both aerobic and anaerobic exercises done in a circuit, one exercise after another which targets strength building and muscular endurance. A typical class will consist of 6-10 different exercises done three or more times per workout. The intensity level will be modified to fit your needs.

MARIAN HEALTH & WELLNESS CENTER, SANTA MARIA

Wednesdays, January 5, 12, 19, 26 & February 2, 9, 16, 23

Reservation and assessment required; please call 805.346.3413

Fight Against Falls Exercise Class

Those with neuropathy or muscle fatigue may benefit from this exercise class that emphasizes safety and balance. 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, SANTA MARIA

Fridays, January 7, 14, 21, 28 & February 4, 11, 18, 25

Reservation and assessment required; call 805.346.3413

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Thursdays, January 6, 13, 20, 27 & February 3, 10, 17, 24

Reservation and assessment required; please call 805.474.5334

Pelvic Floor Strengthening for Men with Prostate Cancer

Specific exercises can reduce or manage the side effects of treatment. This class benefits men with issues from prostate cancer such as urinary or fecal incontinence, weak core muscles and general deconditioning.

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Fridays, January 14, 28 & February 11, 25

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TRX Workouts

Simple and versatile, TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It is a wonderful recovery tool, whether from an injury, starting a fitness routine or just wanting to try something new.

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