

**Auburn Racquet  
&  
Fitness Club**

*Cancer*  
**Well-fit**



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**Well-fit**



**Auburn Racquet  
&  
Fitness Club**

1255 Racquet Club Drive  
Auburn, CA 95603  
(530)885-1602  
E-mail: [Lindsey@ar-fc.com](mailto:Lindsey@ar-fc.com)  
Website: [www.ar-fc.com](http://www.ar-fc.com)

**2024**

*Cancer Well-Fit*  
*Exercise Program*



# Cancer Well-fit



## Well-Fit Exercise Program

### For Who

This program is designed for anyone who is currently dealing with cancer, or has been treated in the last year, and wants to regain strength, balance, and energy.

### Program Goals

Our goal is help the cancer recovery process by restoring strength, balance, energy, and confidence. Our primary focus is to condition the Muscular and Cardiovascular Systems through gradual resistance and range-of-motion exercises. We utilize the state-of-the-art exercise facilities at the Auburn Racquet & Fitness Club to introduce progressive weight training, gradual cardiovascular conditioning, core and balance training.

The Well-Fit program combines the latest in exercise science with a supportive and motivating environment to assist the recovery process.

### Cost

The Well-Fit Exercise Program is sponsored by the Auburn Racquet & Fitness Club and is offered free to anyone currently dealing with cancer.

### Program Director



Lindsey has several certifications through the American Council on Exercise, including Personal Training, Senior Fitness Specialist, Fitness Nutrition Specialist, Orthopedic Exercise Specialist, Biomechanics Specialist, Pilates Reformer Instructor, Cancer-Exercise Specialist in progress. Lindsey has earned a Bachelor's Degree, Magna Cum Lade, in Sports and Health Sciences with a concentration on Exercise Science.

*The Cancer Well-Fit Exercise Program is sponsored by the Auburn Racquet & Fitness Club.*

### Where

The Auburn Racquet & Fitness Club  
1255 Racquet Club Drive  
Auburn, CA 95603



### Well-Fit Program Registration Form 2024

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Emil: \_\_\_\_\_

### Schedule

Mondays / Thursdays at 11 AM

*Choose a Session:*

- May 2<sup>nd</sup>-June 13<sup>th</sup>
- June 17<sup>th</sup>-August 8<sup>th</sup>
- August 12<sup>th</sup>-October 3<sup>rd</sup>
- October 7<sup>th</sup>-November 28<sup>th</sup>

