



**Auburn Racquet
&
Fitness Club**

1255 Racquet Club Drive
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(530)885-1602
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Website: www.ar-fc.com

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2017

***Well-Fit
Exercise Program***



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.

Where

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

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

Jacqueline Stafford is the Well-Fit Director at the Auburn Racquet & Fitness Club. Jacqueline has acquired certifications from AFAA, ACE, National Academy of Sports Medicine (NASM), and Exercise Science Alliance. Jacqueline teaches Pilates, Aquatic Exercise, Body Sculpting, and Group Circuit classes.

In addition to Group Fitness, she is a nationally certified Personal Trainer and has helped countless clients achieve and maintain their optimal health.

Members of the Well-Fit Exercise Program will be directly trained and monitored by Jacqueline.

Registration

If you would like to register or have questions, please call Jacqueline Stafford at the Club (530)885-1602 or email her at info@ar-fc.com.

Schedule - 2017

Group #1 January 3 - March 9

Group #2 March 14- May 18

Group #3 May 23- July 27

Group #4 Aug 1- October 5

Group #5 October 10 - December 14

All groups meet: Tuesdays 12pm-1pm
Thursdays 11am-12pm

Spouses or significant others may join in at a cost of \$75.00 for the 10 weeks.

Payments to be made to the Auburn Racquet & Fitness Club.

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