

**Auburn Racquet
&
Fitness Club**

Cancer
Well-fit



Cancer
Well-fit



**Auburn Racquet
&
Fitness Club**

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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 and Cancer-Exercise Specialist (in progress). Lindsey has earned a Bachelor's Degree, Magna Cum Laude, 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: _____

Email: _____

Schedule

Mondays / Thursdays at 11 AM

Choose a Session:

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

