This supportive group exercise program is designed for those at any phase of the cancer journey, including those who have become de-conditioned or chronically fatigued from the treatment process.

**Program Benefits**
- Regain strength
- Reduce fatigue
- Relieve stress
- Increase energy levels

**Program Includes**
- Individualized fitness assessments
- Exercise with other survivors in a fun and refreshing environment
- Program oversight by a certified cancer exercise specialist
- Classes will include cardio, strength, flexibility exercises and group discussion sessions
- Access to p.r.e.p. program, which includes one on one consultation with a Fitness Professional for an individualized exercise program and small group classes at the Central Location.

*A health and fitness assessment must be scheduled prior to program.*

To enroll, call Stacy Gavin at 970-672-4257