

CANCER SURVIVORS  
**FREE**  
 EXERCISE CLASSES

THE KEY TO YOUR RECOVERY IS EXERCISE

ALL AGES WELCOME

This is an exercise class for cancer survivors, to help with flexibility, strength, fatigue, pain, and other side effects of cancer treatment.

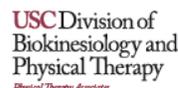
You can join us at any time. Please wear comfortable clothes.

September 11 <sup>th</sup>	Step up!	Bringing back the 80s with this fun up beat step aerobics class. Come with your scrunchies, leg warmers, neon colors, 80s attire encouraged!!
September 18 <sup>th</sup>	Sculpt and Stretch	Get ready, get set, sculpt and stretch! Sculpt and stretch is a great way to combine the strengthening of key muscle groups with a relaxing, gentle stretching program to make your body feel strong and restored!
September 25 <sup>th</sup>	Balance and Agility Training	Come challenge your balance and agility with fun functional movements that will help you get around in the community and at home!
October 2 <sup>nd</sup>	Sweating to the beat of Latin America	A dance class for all levels! Designed for everybody and every body! Whether you're a pro on the dance floor or a beginner, come dance your heart out to the sweet tunes of a Latin American inspired dance class.
October 9 <sup>th</sup>	Dynamic stretching and plyometrics	Come and join us for an energy packed day of dynamic and explosive exercises! Ranging from stretching to agility ladder fitness, we will be sure to get your heart pumping!
October 16 <sup>th</sup>	Yoga	Come experience your own strength, balance, and flexibility through the mindful practice of yoga.

**EVERY FRIDAY 1-2PM**

[kayamada@usc.edu](mailto:kayamada@usc.edu) or 323-442-5511

WELLNESS CENTER - DANCE STUDIO AT THE HISTORIC GENERAL HOSPITAL  
 1200 NORTH STATE STREET, LOS ANGELES, CA 90033



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October 23 <sup>rd</sup>	Total Body Circuit / Boot Camp	We will but together some of the things we've learned through the other classes to build a session that is both fun and challenging. We will incorporate aspects of aerobic endurance, muscular strength, and functional capabilities into a session that is like no other!
October 30 <sup>th</sup>	Nutrition education/cooking demo class	Cooking demonstrations and nutritional education for cancer survivors.
November 6 <sup>th</sup>		
November 13 <sup>th</sup>	Ops Training	This obstacle course styled workout will incorporate all the elements of fitness from balance and endurance to strength and agility. Put the skills together to fight cancer like the special forces!
November 20 <sup>th</sup>	Tabata Time!	Increase your strength, endurance, and stability with this intense time-based exercise class! Four minutes is all it takes for these challenging yet fun workouts. Are you ready?
November 27 <sup>th</sup>	Thanksgiving Holiday	No class

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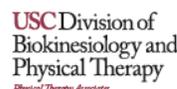
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December 4 <sup>th</sup>	Star Circuit Training	This fun exercise class incorporates team spirit and circuit training to keep your body constantly moving. This class is aimed at endurance, functional movements, and team work! Don't miss out!
December 11 <sup>th</sup>	Meditation and Basic Yoga	Learn meditation techniques to calm the mind and body. Stretch and stimulate healthy energy in your body with basic yoga.
December 18 <sup>th</sup>	Theraband Boost	Add a little resistance to your exercise routine with therabands. Learn how to strengthen all areas of your body with easy to hard level resistance.
December 25 <sup>th</sup>	Christmas Day	No class

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