

## WHAT OUR ALUMNI SAY



The AHC Cancer Wellness Program is a great help to cancer patients. There is a camaraderie when one is with a group of people with similar medical experiences. No explanations are needed. Common symptoms during cancer treatments can include fatigue, loss of strength, and balance challenges. The program helps to reduce or overcome those side effects. I was able to regain strength, endurance, and balance by taking these classes after both radiation and chemo.

- Don Naples

The post-chemo support I experienced through the Cancer Wellness Program at the Airport Club gave me the strength to regain my balance both physically and mentally. Thank you!

- Doug McPherson



Under the care of two Personal Trainers who gently instructed and nurtured me, I grew from a bald, vulnerable, frightened patient to a stronger, confident, hopeful woman.

- Katherine Klemin



The Airport Health Club Cancer Wellness program is funded through private donations from the community and is supported by the non-profit North Bay Cancer Association and the Airport Health Club.

North Bay Cancer Alliance is an independent community resource, not affiliated with any hospital or medical group, providing a direct path to local and cancer resources and information as well as financial support for cancer patients who cannot afford to pay. The Airport Health Club donates resources to support the program.

## CLUB INFORMATION

### HOURS OF OPERATION

Monday - Friday: 5:30am to 9:00pm

Saturday: 7:30am to 7:00pm

Sunday: 7:30am to 7:00pm



### VISIT THE CLUB

Airport Health Club

432 Aviation Blvd.

Santa Rosa, Ca 95403

### FOLLOW US ON SOCIAL MEDIA



@airport\_club



@airport\_club



@airporthealthclub



AIRPORT HEALTH CLUB

YOUR QUALITY OF LIFE STARTS WITH LIVING WELL

707.528.2582

| [www.airportclub.com](http://www.airportclub.com)

## ABOUT OUR PROGRAM

Our 10-week Cancer Wellness Program is free to cancer patients who are currently receiving treatments or are in any phase of recovery. Participants become AHC members while in the program and have access to club facilities. This small group program, held in a private studio, is committed to helping participants reach an improved state of wellness.

Class sessions meet twice a week and begin with breathing, gentle mobility, and balance. This self-paced, guided exercise workout is meant to feel comfortable and enjoyable. Participants boost their strength and stamina in a fun, supportive environment. The class ends each time with gentle stretches and calming relaxation.

## PROGRAM SCHEDULE

MONDAYS & WEDNESDAYS

1:30pm-3:00pm | Located in Studio 4

For more information and to register, please contact program leader Lisa Fuller.

707.521.2443 | [lisaf@airportclub.com](mailto:lisaf@airportclub.com)



## BENEFITS OF PHYSICAL ACTIVITY DURING TREATMENT/RECOVERY

- Balance
- Improved posture
- Boost stamina and energy levels
- Gain flexibility and increase bone strength
- Build a functional level of strength
- Breathing for relaxation and decreased stress
- Improved tolerance to chemotherapy, pain, and fatigue



## ADVANTAGES OF JOINING A SMALL GROUP TRAINING PROGRAM

- Program is structured to provide support through entire cancer diagnosis
- Participants experience social support
- A sense of belonging
- Regain self-esteem and an improved feeling of wellness
- Relieve mental and emotional stress

## PROGRAM LEADERS



### LISA FULLER

*Group Exercise Director*

Lisa Fuller has been a dedicated professional in the health, fitness, and physical therapy industry for over 30 years. She's a Certified Personal Trainer

through the National Strength and Conditioning Association. She has also held a license as a Physical Therapy Assistant. Lisa has 20 years of experience working in physical therapy clinics including private clinics, skilled nursing centers and orthopedic sports medicine. She's worked with high school and college athletes as an athletic trainer for injury rehabilitation. For the past 13 years Lisa has worked as a Certified Personal Trainer and Group Fitness Instructor. She has been part of the Airport Health Club team for 3 years. Lisa brings her compassion and knowledge to The Cancer Wellness Program at the Airport Health Club.

CONTACT LISA:

707.521.2443 | [Lisaf@airportclub.com](mailto:Lisaf@airportclub.com)

### SUE FREYER

*Assistant  
General Manager*

CONTACT SUE:

707.521.2491  
[Suef@airportclub.com](mailto:Suef@airportclub.com)

