

Scripps Cancer Center and the Scripps La Jolla Wellness Center offer a number of exercise classes to aid you through your cancer treatment and beyond. These classes can help increase quality of life and enhance feelings of independence and self-confidence.

Monday

9 - 10 a.m. Tai Chi
 10 - 11 a.m. Restorative Yoga
 12:30 - 1:30 p.m. Fitball

Tuesday

9 - 10 a.m. Yoga for Cancer Recovery
 11:30 - 12:30 p.m. Balance Class
 4 - 5 p.m. Lebed - Focus on Healing Through Movement and Exercise
 5 - 6 p.m. Power Yoga

Wednesday

9 - 10 a.m. Tai Chi
 10 - 11 a.m. Restorative Yoga

Thursday

5 - 6 p.m. Power Yoga

Friday

9 - 10 a.m. Restorative Yoga
 10 - 11 a.m. Meditation
 12:30 - 1:30 p.m. Fitball

Description of Classes

Balance Class: The purpose of this class is to help build balance, posture and coordination through strengthening and balance exercises.
 ~ Considered low impact

Fitball: Use of the Swiss Ball to perform exercises that improve strength, posture, core stability and balance.

Lebed - Focus on Healing Through Movement and Exercise: This group exercise program, led by a certified instructor and a certified lymphedema therapist, combines music and therapeutic exercises to assist people recovering from cancer and other chronic illness. ***Doctor's consent and medical clearance required.***

Restorative Yoga: A combination of strengthening, flexibility, and Yoga postures with an emphasis on breathing and rehabilitation modified for seniors.
 ~ Considered low impact.

Tai Chi: Can serve as an excellent addition to your therapeutic exercise program.
 ~ Considered low impact.

For more information about any of these classes, please call 858-626-6493. The fitness center is located on the second floor of the Schaezel Center on the campus of Scripps Memorial Hospital La Jolla.

Fitness Center Hours:

Mon/Wed	6:30 a.m. - 8 p.m.	Friday	6:30 a.m. - 6:30 p.m.
Tues/Thurs	7 a.m. - 8 p.m.	Saturday	8 a.m. - 1 p.m.