

FITNESS

Tucson Cancer Conquerors Fitness Classes for Adults (18 and older)

You don't have to have cancer or be a survivor to be part of Tucson Cancer Conquerors! Our exercise and activity programs are designed for anyone who wants to improve their health while enjoying the company of inspiring people in beautiful surroundings. Exercises can be modified for all fitness levels. Bring a friend, a water bottle and a towel or mat, and come join us! Classes are 60 minutes long and are held at Brandi Fenton Memorial Park on Tuesdays at 5:30 pm and on Saturdays at 8:00 am (October through May), and at 7:00 am (June through September). Join us every Saturday morning after class for our free Coffee Café social hour. The cost for attending one class per week is \$50.00 per quarter (3 months), and \$75 for two classes per week. For registration and more information please go to our website www.YouCanConquer.org, email us at info@tucsoncancerconquerors.org, or call us at 520-505-1406.

Tai Chi for Fall Prevention-Beginning Level

Instructor: Susan Cooper, Senior Trainer - Tai Chi for Health Institute

Based on Tai Chi for Arthritis from the Sun Style form, this class emphasizes joint-safe moves, agile steps and Qigong breathing. Regular practice will help improve balance, help prevent falls, increase muscle strength, improve immune function and increase concentration and mental focus. Class will learn the Basic 6 Moves. Please bring low heeled, comfortable 'indoor' shoes with clean soles. (No class 11/27)

| <u>Class Code</u> | <u>Location</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------------|-----------------|-----------------|-----------------|------------|
| 5-902SC | FW-108 | Fri 9/04-10/23 | 11:00 a.m.-Noon | \$70 |
| 6-902SC | FW-108 | Fri 10/30-12/11 | 11:00 a.m.-Noon | \$54 |

Tai Chi for Fall Prevention-Advanced Level

Instructor: Susan Cooper, Senior Trainer - Tai Chi for Health Institute

This class is for people who have learned the Basic 6 Moves of the Beginning Level (see above), and continues on with the Advanced 6 Moves. Please bring low-heeled, comfortable 'indoor' shoes with clean soles. (No class 10/7, 11/11 and 11/25)

| <u>Class Code</u> | <u>Location</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------------|-----------------|-----------------|-----------------|------------|
| 5-910SC | FW-108 | Wed 9/02-10/21 | 11:00 a.m.-Noon | \$63 |
| 6-910SC | FW-108 | Wed 10/28-12/09 | 11:00 a.m.-Noon | \$45 |

Tai Chi for Fall Prevention-Part 2

Instructor: Susan Cooper, Senior Trainer - Tai Chi for Health Institute

This class is for people who have learned the 6 Advanced Moves of the form. It adds an additional 9 Moves, making a 40-move form. Please bring low-heeled, comfortable 'indoor' shoes with clean soles. (No class 11/23)

| <u>Class Code</u> | <u>Location</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------------|-----------------|-----------------|-----------------|------------|
| 5-903SC | FW-108 | Mon 9/14-10/19 | 12:15-1:15 p.m. | \$54 |
| 6-903SC | FW-108 | Mon 10/26-12/07 | 12:15-1:15 p.m. | \$54 |

Sun Style 73 Forms

Instructor: Susan Cooper, Senior Trainer - Tai Chi for Health Institute

The parent form for Tai Chi for Fall Prevention, this class continues on from Part 2 and is for those who already know the 40 forms of that program. Please bring low heeled, comfortable 'indoor' shoes with clean soles. (No class 11/23)

| <u>Class Code</u> | <u>Location</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------------|-----------------|-----------------|-----------------|------------|
| 5-904SC | FW-108 | Mon 9/14-10/19 | 11:00 a.m.-Noon | \$54 |
| 6-904SC | FW-108 | Mon 10/26-12/07 | 11:00 a.m.-Noon | \$54 |

Seated Tai Chi for Health

Instructor: Sally Adams

If you can't stand to exercise, try this gentle but powerful chair class. The movements are slow and smooth (it's relax-

ing), you always work in your own comfort zone (no pain), you do what you can and visualize the rest (no competition). Regular tai chi practice improves muscular strength, flexibility, and fitness. Even though seated, you also work on leg strength, posture and balance. This modified class of Dr. Paul Lam is easy to learn, and it exercises your body and your brain. And the class is wheelchair accessible. Begin your journey to better health and well-being now! For more information, email SeatedTaiChi@yahoo.com. (No class 11/11 and 11/25)

| Class Code | Location | Date | Time | Fee |
|------------|----------|----------------|----------------|------|
| 5-935SA | FW MPR1 | Wed 9/2-9/30 | 1:00-2:00 p.m. | \$30 |
| 5-936SA | FW MPR1 | Wed 10/7-10/21 | 1:00-2:00 p.m. | \$24 |
| 6-935SA | FW MPR1 | Wed 11/4-12/9 | 1:00-2:00 pm | \$24 |

Mommy (or Daddy) and Me Kung Fu (Ages 2-4)

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

Our Mommy and Me Kung Fu class offers an introduction to martial arts for children ages 2-4. Moms, Dads, Nannies, Grandparents, etc. will have a great time in this unique bonding experience. Your child will learn martial arts and fitness fundamentals while improving their motor, listening and social skills. Materials fee of \$5 is paid to the instructor at the first class. Class fee is for Adult participant and one child. For more info visit www.northernkungfu.com or email sifu@northernkungfu.com.

| Class Code | Location | Dates | Time | Fee |
|------------|----------|----------------|-----------------|------|
| 5-280AW | ALKF | Sat 9/5-9/26 | 11:30 a.m.-Noon | \$40 |
| 5-281AW | ALKF | Sat 10/3-10/24 | 11:30 a.m.-Noon | \$40 |
| 6-280AW | ALKF | Sat 11/7-11/28 | 11:30 a.m.-Noon | \$40 |
| 6-281AW | ALKF | Sat 12/5-12/12 | 11:30 a.m.-Noon | \$20 |

Kung Fu and Chinese Martial Arts – Beginner Adult

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

Learn the basic techniques of traditional ChangQuan Kung Fu. Instructors are certified 34th generation Shaolin disciples. Course will cover fitness conditioning, technique refinement, formal routines and self-defense training. The course will also cover fitness drills and exercises. Materials fee of \$5 is paid to the instructor at the first class. For more info visit www.northernkungfu.com or email sifu@northernkungfu.com.

| Class Code | Location | Dates | Time | Fee |
|------------|----------|-----------------|------------------|------|
| 5-292AW | ALKF | Fri 9/4-10/23 | 6:45 -7:45 p.m. | \$30 |
| 5-293AW | ALKF | Sat 9/5-10/24 | 9:45 -10:15 a.m. | \$30 |
| 6-292AW | ALKF | Fri 10/30-12/18 | 6:45 -7:45 p.m. | \$30 |
| 6-293AW | ALKF | Sat 10/31-12/12 | 9:45 -10:15 a.m. | \$25 |

Qigong for Balance and Health

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

Qigong is a very low impact exercise similar to Tai Chi. The focus is on proper breathing and alternating periods of muscle relaxation and tension. Your instructors are certified 34th generation Shaolin Temple disciples. The exercises are time proven, being practiced at Shaolin Temple for over a thousand years Qigong movements are designed to cultivate internal energy and promote wellness. Great for all ages. Wear comfortable clothing. For more info visit www.northernkungfu.com or email sifu@northernkungfu.com.

| Class Code | Location | Dates | Time | Fee |
|------------|----------|-----------------|----------------|------|
| 5-290AW | ALKF | Tue 9/8-9/29 | 4:45-5:15 p.m. | \$20 |
| 5-291AW | ALKF | Tue 10/6-10/20 | 4:45-5:15 p.m. | \$15 |
| 6-290AW | ALKF | Tue 10/27-11/17 | 4:45-5:15 p.m. | \$20 |
| 6-291AW | ALKF | Tue 11/24-12/8 | 4:45-5:15 p.m. | \$15 |