

Well-Fit Program Overview

Program Structure

- We meet every Monday, Wednesday, Friday 12n to 1p
- Fall Session: Starts Mon 9/25 ends Friday 12/1/17
- Emphasis on increasing muscular strength and endurance
- Friday class is restorative stretching and gentle yoga

Other Important Information

- Loose fitting or stretchy clothing recommended
- Closed-toed shoes must be worn in the gym area
- Use hand sanitizer and wet wipes on equipment to maximize protection from germs
- Stay hydrated – drink often
- Exercises will be varied on equipment and various resistive devices
- Aqua exercise will be offered dependent on weather

About Our Trainers

- Trainers are certified personal trainers, cancer exercise specialists, and have experience and education in post-rehabilitation
- We are here for you to personalize your programs to your individual needs, to answer your questions, and help you on this journey to wellness.

History

Cancer Well-fit™ is an exercise program that was founded by Julie Main in 1994. Julie was the co-owner and president of West Coast Athletic Clubs, as well as a past IHRSA board member. When asked by her own cancer doctor why she was doing so well in handling her treatments compared to other patients, she eagerly admitted that her dedication to exercise helped her through it (specifically weight training). Julie knew she could help others with her knowledge, and went on to create the Cancer Well-fit program at Santa Barbara Athletic Club with her business partner and exercise physiologist, Paula Lily.

The program has had over 1,000 cancer survivors enrolled to date, and Avila Bay Athletic Club & Spa has been proud to offer the program at the club since 2009. In 2013 our sister club Paso Robles Sports Club began offering the program.