

**Office**

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Sponsored By**Traverse City 2020 Classes****Spring**

From: April 6
To: June 10

Summer

June 22
August 26

Fall

September 14
November 18

Duration: 10 weeks

Location: Battle Fitness

Days: Mondays and Wednesdays

Time: 11:00a.m. - 12:00 noon

This program is sponsored by Fyzical Therapy & Balance Center and Anytime Fitness of Traverse City and is offered as a community service free to cancer patients who are newly diagnosed, undergoing treatment, in remission and cancer survivors 2 years post treatment. The program runs for 10 weeks. The first 10 people to get their paperwork turned in will be accepted into this session and scheduled for an initial assessment prior to the program start date. Post assessments will be scheduled at the end of the program.

Please complete your health history and waiver and have a physician sign the release form. Once these are completed, please send the information back to:

Battle Fitness
Attn: Journey Program
2692 M-37
Traverse City, MI 49685

Once we receive your documents, we will call you to schedule your initial assessment which must be completed prior to program start date.

Thank you!

Annemarie Wigton, NSCA

Certified Personal Trainer, Cancer Exercise Specialist
(231) 276-2494

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Journey: Cancer Exercise Wellness Program