

Live-Fit Cancer Exercise Program Schedule (Sample Schedule)

	Tuesday Class	Thursday Class
Assessments:	Assessment	Assessment
Week 1:	Intro to the class and basic cardio workout in MP room	30 minute workout, 30 minute meditation/mindfulness session in Studio A
Week 2:	Yoga class in MP room	Cardio and strength workout on track and in Studio A (focus on Cardio)
Week 3:	Circuit Training in MP room	Aqua aerobics class in warm pool
Week 4:	30 minute workout, 30 minute meditation/mindfulness session in MP room	Cardio and strength workout using machines on fitness floor
Week 5:	Yoga class in MP Room	Cardio and strength workout using machines on fitness floor
Week 6:	Cardio and strength workout in MP room	Cardio and strength workout using machines on fitness floor
Week 7:	Circuit Training in MP room	Aqua aerobics class in warm pool
Week 8:	Yoga class in MP room	Cardio and strength workout using machines on fitness floor
Week 9:	30 minute workout, 30 minute meditation/mindfulness session in MP room	Cardio and strength workout using machines on fitness floor
Week 10:	Cardio and strength workout using machines on fitness floor	30 minute workout, 30 minute review of how to develop an exercise plan for the future

3 Yoga classes

3 Meditation classes

2 Aqua classes