



Keep Exercise Easy and Fun

Many cancer care teams are urging their patients to be as physically active as possible before, during and after cancer treatment.



Our mission is to be a group of caring individuals dedicated to the prevention and early detection of cancer in our community by facilitating and coordinating cancer-related programs, education, and fundraising activities.

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***Visit our website for more
Services and Support!***

havasucommunityhealthfoundation.org



Cancer Association of Havasu



**The benefits of
hydrotherapy for
cancer patients**



a program under the umbrella of

Havasucommunityhealthfoundation.org

A 501c3 public charity Tax I.D. 20-1839858

Shambles Village
2126 McCulloch Blvd. N # 14
Lake Havasu City, AZ 86403
Phone 928-453-8190

CLASS DESCRIPTIONS:

Ai-Chi (Beginner) - A water motion and relaxation class that combines the movements of Tai Chi, Qi Gong, and Shiatsu standing in shoulder-depth water. It is a total body workout that increases range of motion, balance, and mobility, and teaches breathing techniques to lower stress and foster body awareness.

Aqua Aerobics (All levels) - A shallow and deep water fitness class that provides a full body workout. The shallow water portion allows for increased heart rate to improve aerobic fitness, and the deep water portion helps to tone muscle—the combination creating greater endurance, strength, and cardiac health. Water weights and other peripherals are used to create a challenging workout using water resistance.

Aqua Challenge (Intermediate) - A class that combines the most challenging combinations from Aqua Aerobics, Aqua Motion, and Water Wellness to create a thorough full body workout in shallow and deep water. To add even more challenge (and fun!), waves are used for a portion of the class. Aqua jog belts, water weights, and other peripherals increase the intensity of this workout for maximum impact.

Deep Water Fitness (Intermediate to Advanced) - A deep water class where participants use aqua jogging belts and water weights to achieve a full body workout. While the body is immersed to shoulder level, the water resistance creates an environment for muscle toning and a low-impact aerobic effect. Aqua jog belts, water weights, and other peripherals increase the intensity of this workout for maximum impact.

Arthritis Exercise (Beginner) - A comprehensive full body workout for those that experience arthritis, chronic pain, or other types of orthopedic conditions. It assists in improving range of motion, muscle strength, and general endurance, while keeping the joints warm in the soaker pool. Class size is limited to 12 participants.

Cardio Challenge (Beginner) - This shallow water fitness class marries water aerobics and high intensity interval training (HIIT) to create a challenging workout for any fitness level. Movements are adaptable for all bodies (including orthopedic limitations) and the high intensity intervals are gauged by perceived exertion, so it's a perfect workout to start where you are at and continue to challenge and grow your fitness levels to new heights.

The Cancer Association of Havasu is proud to sponsor your hydrotherapy treatment.

At the Lake Havasu City Aquatic Center, 100 Park Avenue in Lake Havasu City, AZ



Tai Chi (Beginner) - A form of Chinese martial arts with many health benefits such as improved brain function and sleep quality. This class builds balance and strength, and employs breathing techniques to lower stress levels.

Warm Water Yoga (Beginner) - A class to develop body awareness and flexibility through breath work and stretching in shallow warm water, making it a fun and soothing workout for all fitness levels. Class is for those that experience chronic pain or anyone wanting a slower paced water workout. Class is held in the soaker pool and is limited to 12 participants.

Motion & Mobility (All Levels) - Motion and Mobility is a hybrid class merging the best features of Warm Water Yoga and the Arthritis Class to provide a great warm water workout for those wanting to improve balance and stability, reduce chronic pain, increase flexibility, and increase general endurance. This class is appropriate for all fitness levels and abilities, with adaptations available to make movement accessible for all. Class size is limited to 10 participants.

Water Wellness (Beginner) - A less intense alternative to our Aqua Motion class, while still focusing on increasing range of motion, flexibility, strength and mild cardiovascular training.

Yoga (Beginner) - A series of full body stretching movements, standing and down on the mat, to enhance flexibility, balance, stability, and strength. Props are used to provide accessible movement for different levels of fitness and greater comfort in some positions, and are available for participant use.

All Levels - Fit and Flex is a dry-land class focused on building balance, stability, flexibility, and range of motion. We complete a body-weight resistance workout and full body stretching, ending each class with a guided progressive muscle relaxation (PMR) exercise. This class is appropriate for all fitness levels and abilities. This class includes exercises that are performed both standing and sitting, with modification available for a completely seated workout if needed.

Stop by the

**Havasu Community Health Foundation
at 2126 McCulloch Blvd. #14**

**Show proof from your doctor of being a
Cancer Patient or Survivor within the
last 2 years and *pick up***

**your Pass from the
Cancer Association of Havasu**

present

**your PASS at the Aquatic
Center when you sign up for
class**



Benefits of Hydrotherapy For Cancer Patients & Survivors

- ♦ Reduction of joint or muscle stiffness
- ♦ Improvement of blood circulation
- ♦ Strengthening the immune system
- ♦ Enhancement of lymphatic flow
- ♦ Assistance with tissue healing
- ♦ Improvement of fitness and strength
- ♦ Reduction of fatigue
- ♦ Assistance with pain management