

Cancer Fit

A MEDICAL FITNESS PROGRAM FOR CANCER SURVIVORS

Cancer Fit is a 12-week medical fitness program that includes:

- Consultation with a Cornerstone Clubs' Certified Cancer Specialist to review health history and goals.
- Small group personal training sessions two times per week (limited to 6)
- 12-visit guest pass (in addition to group sessions)
- Guest pass for caregiver

Participants must be at least 4-weeks post-treatment and within one to two years of initial diagnosis. All sessions take place at the Cornerstone Clubs at the Health and Wellness Center in Warrington, PA. Space is limited.

Meet the team:



Left to right: Sabrina Willard, Personal Trainer & Cancer Fit Coordinator, Sean Rimmer, Morgan Kingsbauer and Alyssa Virginio, Personal Trainers & Cancer Specialists.

Why participate in a cancer fitness program?

*Retention of muscle mass
Better balance and lower risk of falls/broken bones
Increased range of motion
Fewer symptoms of fatigue
Stress Relief
Improved quality of life*

For more information, please contact:

Sabrina Willard, Cancer Fitness Coordinator
Certified Personal Trainer and Cancer Fitness Specialist

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CORNERSTONE Clubs