

WELLNESS CLASSES



Want to relax, relieve stress, and improve your strength and immunity? Our classes offer these benefits and more...

COME JOIN US!

- DAY YOGA -

Mondays, Noon – 1:00pm, Instructor, Mike Elliff

- SEATED YOGA -

Tuesdays, 12:00 - 1:30pm, Instructor, Timi McMillin

- HEALTHY STEPS / LEBED METHOD -

Wednesdays, 9:15am – 10:15am (Women Only Class)
Instructor, Sharon Yvonne Worrill

- TAI CHI -

Wednesdays, 12:00pm – 1:00pm, Instructor, Delores Gordon

- EVENING YOGA -

Tuesdays, 5:30pm – 6:30pm, Instructor, Mike Elliff

MOVEMENT FOR LIFE

Thursdays, 5:30pm – 6:30pm (ALL Welcome)
Instructor, Sharon Yvonne Worrill

Complementary classes are open to the public & provided by the
Therapeutic Learning Center at Cancer Treatment Center.
Classes are held at 4000 N. Illinois, Swansea, Suite A
For questions call Laura at (618) 236-1000