



Fitness Unlimited is proud to sponsor, *Moving Towards Wellness – Cancer Recovery Programs for Women*. Small Group Personal Training Programs, One-on-One Training, and Quarterly Social Events are offered to women with all types of cancer and at all stages of diagnosis. Programs are detailed below, with a goal of offering survivors every opportunity to use exercise as a main component of their recovery.

Menu of Services

Information Phone Consult: A complimentary fifteen minute session with the Cancer Exercise Specialist to review program options and discuss individual needs and interests.

The Fitness Consultation: The Fitness Consultation is a one hour appointment to review your health history, complete an assessment of range-of-motion and basic strength and strategize your next steps. This important session helps you transition from treatment protocol to exercise program. If you are years out of treatment, this session will help identify any imbalances or compensations that may have developed, or can be used as a baseline for new goals. Recommended for all new clients. Cost: \$29

Small Group Personal Training: Fitness Unlimited offers Small Group Training Programs specific for clients going through or recovering from cancer. You commit to one time per week for four weeks. Cost is \$28 per month for members and \$48 for non-members. Sign-ups begin on the 15th of the month for the next month.

BEFIT Training Program: Work One-on-One with a Cancer Exercise Specialist for six half hour personal training sessions plus enjoy a full eight week Health Club Membership. Cost: \$195 (introductory offer for new clients)

Membership Options: Fitness Unlimited offers membership options tailored to your needs. For more information, please contact Beth Whitney, General Manager, for details. 617-698-0260, bwhitney@fitnessunlimited.com

For more information, please contact

*Cheryl Chandler, our Cancer Exercise Specialist, at 617-698-0260 x 62
or Jane O'Connor at 617-698-0260 x57*

Feel free to reach them by email at mtwfitnessunlimited@gmail.com