Morning Fitness Classes
Offered by the Linda B. and Robert B. Wiggins Wellness and Integrative Health Center

Mondays and Wednesdays
Cancer Learning Center Multipurpose Room
6th floor of the cancer hospital

6-6:30 a.m. Resistance Training
Target all of the major muscle groups using dumbbells, mats, resistance bands, and balls. Learn exercises that help strengthen bones and muscles. Regular resistance training increases your metabolism to help maintain a healthy body weight.

6:30-7 a.m. Core and Stretch
Core: Target the abdominals, back, and hips with a safe and challenging workout. Learn to effectively strengthen the core with proper form and technique—improving posture and helping prevent back pain.

Stretch: Learn to stretch safely and effectively while learning more about alignment, correct anatomical movement, and various relaxation techniques. Increasing strength, flexibility, and body awareness helps manage stress.

Huntsman Cancer Institute patients of all fitness ability levels are welcome

For more information, call the Linda B. and Robert B. Wiggins Wellness and Integrative Health Center at 801-587-4585.