

The Gathering Place programs and services are for those actively dealing with cancer in their daily lives. This includes those in treatment, those who are coping with the physical and/or emotional side effects from treatment, those who are actively supporting someone with cancer, or someone who is grieving the recent loss of a loved one from cancer.

The Gathering Place East (TGP East) Blue: The Arnold & Sydell Miller Family Campus • 23300 Commerce Park • Beachwood, OH 44122

The Gathering Place Wellness Center (WC) Orange: 23295 Commerce Park • Beachwood, OH 44122

The Gathering Place West (TGP West) Green: 800 Sharon Drive, Westlake, OH 44145 **Off-Site Programs (O) Red**

EXERCISE

*Exercise Classes are open to individuals in treatment for cancer or coping with side effects of treatment.
Advance registration with Beth Roth required for all exercise classes.*

Our exercise classes on the **east side** are held across the street at

The Gathering Place

Richman Family Wellness Center

23295 Commerce Park, Beachwood, OH 44122

***Exercise Classes**

Twice-weekly exercise classes include resistance training using light weights, bands and balls, and strength equipment.

All new exercise participants at TGP Wellness Center must take an introductory class before joining our regular exercise classes. Written medical authorization from your physician is required.

New participants must contact Beth Roth for a fitness assessment before attending exercise classes.

TGP Wellness Center:

Instructor: Stephen Cerne, BS, NSCA-CPT, ACSM/ACS-CET

Introductory Class: 1st & 3rd Mondays, 6:00-6:30pm

1st Fridays, 12:45-1:15pm

Level 1: Tuesdays & Thursdays, 12:30-1:30pm OR

Wednesdays & Fridays, 11:30am-12:30pm

Level 2: Tuesdays & Thursdays 1:30-2:30pm

Level 1 & 2: Tuesdays & Thursdays 6:30-7:30pm

TGP West:

Instructor: Michael Ciccarello, ACE, CPT

Level 1&2: Mondays, 7:00-8:00pm

Wednesdays, 2:30-3:30pm

***Strength Training for Prostate Cancer**

Come dressed and ready to participate in this dynamic exercise program! Men with prostate cancer will learn safe effective strength training activities during this 4-week program.

Develop a strong core foundation while practicing the best exercises for bone health!

Participants are encouraged to attend all 4 sessions.

Advance registration and a fitness assessment with Beth Roth are required before attending classes.

Instructor: Stephen Cerne, BS, NSCA-CPT, ACSM/ACS-CET

TGP Wellness Center: Mondays January 9th, 16th, 23rd, & 30th, 6:30-7:30pm