



Movement for Longevity

Mondays 9:00 AM: Stretch & Flex

Mondays 10:30 AM: Gentle Yoga

Tuesdays 10:00 AM: Tai Chi for Better Balance

Wednesdays 8:45 AM: Strength & Balance

Thursdays 10:00 AM: Tai Chi for Better Balance

Fridays 12:00 PM: Rhythm to Movement



Proof of doctor permission will no longer be required prior to beginning the class; however, Nebraska Cancer Specialists advise anyone starting a new exercise program to consult with their primary care provider or medical oncologist first.