



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTNERS IN RECOVERY

LIVESTRONG at the Y

LIVESTRONG™ at the YMCA is a free small-group fitness program for adult cancer survivors that empowers you to improve your quality of life. Each 12-week session is comprised of classes that meet for 75 minutes, two times per week. Also, you'll receive a free Y membership for the session's duration. Class size is limited to 12 participants per session.

Program Goals:

- Improve energy levels and self-esteem
- Build muscle mass and strength
- Increase flexibility and endurance
- Improve ability to do everyday tasks
- Develop an ongoing fitness plan to continue practicing a healthy lifestyle

Program Instructors:

Our instructors provide a supportive environment for the class. Each instructor is a certified personal trainer. In addition, we have specialized training in the elements of cancer, post cancer exercise, nutrition, and supportive cancer care.



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