



LIVESTRONG[®] at the YMCA

LIVESTRONG at the YMCA is a 12-week health and wellness program developed and established in partnership with the LIVESTRONG Foundation to assist those who are living with, through, or beyond cancer to strengthen their spirit, mind, and body.

- Cardiovascular conditioning
- Strength training
- Group support
- Balance and flexibility exercises
- Certified instructors
- Shared experience and understanding



REGISTRATION IS ONGOING!

FOR MORE INFORMATION,

PLEASE CONTACT

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