



LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a FREE 8 or 12-week program for adult cancer survivors that meet twice a week for 90 minutes. YMCA instructors work with each participant to fit the program to his or her individual needs. The instructors are trained in the elements of cancer, post-rehab exercise and supportive cancer care. The program focuses on building mass & strength, increasing flexibility & endurance and improving confidence and self-esteem in a safe and nurturing atmosphere.

UPCOMING 2026 SESSIONS

*July 6-September 3, 2026

M/TH 5:30-7 pm @ Dunigan YMCA

*August 18-November 5, 2026

TU/TH 8-9:30 am @ Dunigan YMCA

For more information, please email
livestrong@ymcaswin.org or call us at 812-492-6715