

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.

WINTER 2027

*January 19-April 8, Dunigan Y
TU/TH 8-9:30 am

*February 8-April 28, Ascension St. Vincent Y
M/W 1-2:30 pm

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