



LIVESTRONG® AT THE YMCA

A free exercise program for cancer survivors at the Downtown YMCA



A cancer diagnosis changes everything. Livestrong at the YMCA is here to help you take back your strength, your energy, and your sense of community — in a safe, welcoming environment built specifically for people like you.

WHAT TO EXPECT

12 weeks

Two sessions per week, 90 minutes each

Small groups

Work alongside other survivors in a supportive environment

Strength & fitness

Cardio, strength training, balance, and flexibility

Expert guidance

Led by instructors certified in cancer survivorship care

Assessments

Fitness and quality-of-life checks before and after the program

Community

Build relationships with others who understand your journey

WHO CAN JOIN

Any adult 18 years or older who is living with or beyond a cancer diagnosis — regardless of cancer type or how long ago you were treated. The program is free of charge. You do not need to be a YMCA member to participate.

HOW TO SIGN UP

1. Talk to your doctor or care team about whether this program is right for you.
2. Visit the program landing page or contact the Downtown YMCA directly.
3. Complete a brief registration form. No YMCA membership needed.

Learn more and register at: ymcamidtn.org/livestrong