



## NOW ENROLLING!

12 week program sessions

Fall 1:

**Mondays & Wednesdays**

**5:15-6:45 pm**

**Beginning Sept. 11th, 2023**

Fall 2:

**Tuesdays & Thursdays**

**1:15-2:45 pm**

**Beginning Sept. 12th, 2023**

**Submit participant  
interest form**



FOND DU LAC FAMILY YMCA  
90 W 2nd Street,  
Fond du Lac, WI 54935

## LIVESTRONG AT THE YMCA FOND DU LAC FAMILY YMCA

LIVESTRONG® at the YMCA is for any adult survivor who is currently going through cancer treatment or has gone through some form of cancer treatment (i.e. surgery, chemotherapy, radiation, etc.) in the past that wants to regain their health and well-being.

This program includes:

- Free 12-week YMCA family membership
- Two 90-minute classes per week
- A combination of individual instruction and group activities
- Workouts include cardiovascular exercise, strength training, stretching and balance work

### REQUIREMENTS

Participant Interest Form must be turned in to Jake Berger, LIVESTRONG® at the YMCA program coordinator, to be considered for this program. Participants are evaluated on an individual basis. Survivors currently undergoing treatment may participate, but only if they receive medical clearance.

### CONTACT

Jake Berger, LIVESTRONG® at the YMCA Program Coordinator  
jacob.berger@fdlymca.org  
921.3330 x 336