



BUILDING STRENGTH SUPPORTING SURVIVORS

NOW ENROLLING!
12 week program sessions

Summer 1:
Tuesdays & Thursdays
8:00-9:30 am
Beginning May 30th, 2023

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

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 Nicole Peterson, 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

Nicole Peterson, LIVESTRONG® at the YMCA
Program Coordinator
npeterson@fdlymca.org
921.3330 x 329

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