What is the Livestrong at the YMCA program?
LIVESTRONG at the YMCA, a small-group program developed and established in partnership with the LIVESTRONG Foundation, assists those who are living with, through, or beyond cancer to strengthen their spirit, mind and body.

How long is the program & how often do we meet?
The program is 12 weeks long; participants meet twice weekly for 90 minutes each session.

Who can join the program?
Participants must be a cancer survivor ages 18 or older; a survivor is defined as from the cancer diagnosis on.

How many people are in each class?
There is a 2:12 instructor to participant ratio

What do the participants do in each session?
Includes cardiovascular conditioning, strength training, balance, and flexibility exercises

Is a physician clearance required?
Yes, this program requires referral and medical clearance from a physician

Is there a cost?
No. This class is offered at no cost to cancer survivors.
Who teaches the class?
The program consists of customized exercise regimens catered to individual needs from YMCA certified fitness instructors. The instructors are trained in cancer survivorship, post-rehabilitation exercise and supportive cancer care.

Why should a cancer survivor join Livestrong at the YMCA?
The Livestrong Foundation recently worked with researchers from Yale University and Dana Farber Cancer Institute to conduct a research study on the impact of the program on participants’ cancer-related outcomes. They found that participants experienced significant increases in physical activity, overall quality of life and fitness performance as well as decreases in cancer-related fatigue.

How do I join a class?
Click the request for more information button above or contact the Program Manager Stephanie Angelo directly at sangelo@thefamilyy.org or 706-589-2709