

2026 COHORTS

This free, 12-week small-group fitness program designed to support adult cancer survivors on their journey to reclaiming health and well-being. Led by specially trained YMCA instructors, participants receive personalized guidance in a supportive and welcoming environment.

Benefits of this program include:

- Connecting with local cancer survivors
- Learning and applying foundations of exercise
- Increasing stamina, energy levels, and sleep
- Increasing muscle mass
- Reducing side effects of cancer treatments

Upcoming 2026 cohorts:

January 26

May 5

August 18

To sign up or learn more,
email us at:

communityhealth@faymca.org

or scan this QR code to
fill out the enrollment
form.



FOOTHILLS AREA YMCA



LIVESTRONG[®] AT THE Y

**Cancer survivorship is a
journey of resilience, and the
Foothills Area YMCA's
Livestrong at the Y program
helps survivors regain
strength, confidence, and
well-being.**



www.faymca.org