

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

Next cohort:

September 1, 2026

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