



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIT TO FIGHT



12 – Week Wellness Program for Cancer Patients

Our program is designed to help the patient maximize quality of life and minimize the side effects that cancer treatments can have on our bodies. If you are currently undergoing treatment for cancer or have received treatment in the past five years, you are eligible to participate. Let's get started!

Program Benefits

- 3-month Free YMCA Membership
- Fitness Assessment with a Cancer Exercise Specialist
- Work Cancer Exercise Specialist with prescribed program
- Two Personal Training sessions
- Weekly Walk and Tone classes
- FIT TO FIGHT T-shirt and water bottle
- A healthier lifestyle and plan in place to keep your own health and wellness a priority in your life

Dates: Dates October 16, 2023 thru January 4, 2024. Registration opens October 6, 2023.

#FIGHTINGSTRONG

For more information call the YMCA 256-246-9622