



LIVESTRONG® AT THE YMCA

LIVESTRONG at the YMCA is a small group personal training program for adult cancer survivors that aims to help meet their individual fitness and wellness goals. We focus on improving strength, endurance, flexibility, and balance. In addition to the free program, we will also supply a free 3 month membership to the Stateline Family YMCA.



QUESTIONS?

Contact Cortnee at 608-365-2261 or cmcreynolds@statelineymca.org for more information!



THIS PROGRAM IS FREE TO ALL PARTICIPANTS!

SEPTEMBER 10 - NOVEMBER 26

IRONWORKS BRANCH

K.F. Multi-Purpose Room
TUES. & THURS.
5:30-7:00pm

www.statelineymca.org/livestrong