

Exercise and Thrive

LIVESTRONG® at the YMCA: Exercise and Thrive is the result of a multi-year partnership between YMCA of the USA and the Lance Armstrong Foundation in response to the growing body of evidence that physical activity can improve cancer survivor's quality of life, lessen treatment side effects, and help recovery. Exercise and Thrive helps cancer survivors strengthen muscles, increase flexibility, and improve endurance. Participants will receive support and coaching from professional YMCA staff and volunteers and social support from other survivors.

The South Sound YMCA is excited about partnering with Fred Hutchinson Cancer Research Center to provide this amazing opportunity in Thurston County. The initiative is a key component of Activate America®, the YMCA's bold approach to directly address our nation's growing health crisis. Through Activate America, the YMCA is redefining itself and engaging communities across the country to provide better opportunities for people of all ages in their pursuit of health and well-being in spirit, mind, and body.

Overview and YMCA Membership

- A 10-week program with two 90-minute sessions each week.
- Participants must be 21 years of age or older and have medical clearance from their doctor or nurse practitioner to participate.
- Cancer survivors must have completed active treatment.
- All participants will receive a free 10-week South Sound YMCA membership, which includes access to both South Sound YMCA facilities.
- After completing the program, participants will be offered the opportunity to join the South Sound YMCA without paying a joining fee.

OLYMPIA DOWNTOWN YMCA

510 Franklin Street SE
Olympia, WA 98501
(360) 357-6609

Class Days: Tuesday and Thursday
Class Time: 6:30 pm - 8:00 pm
Class Length: 90 minutes each day
10 weeks

Class Session: February 23 - April 29, 2010

Class Fee: \$90 Full YMCA Member
\$150 Basic YMCA Member

For additional information, please contact Lloyd Moore at (360) 918-0257 or at moorel@ssymca.net.

BRIGGS COMMUNITY YMCA

1530 Yelm Highway SE
Olympia, WA 98501
(360) 753-6576

Class Days: Monday and Wednesday
Class Time: 2:00 p.m.—3:30 p.m.
Class Length: 90 minutes each day
10 weeks

Class Session: February 22 - April 28, 2010

Class Fee: \$90 Full YMCA Member
\$150 Basic YMCA Member

For additional information, please contact Dan Balderson at (360) 918-0304 or at baldersond@ssymca.net.



South Sound YMCA

We build strong kids, strong families, strong communities.