



**ACTIVATE
AMERICA™**

Water Exercise for Cancer Survivors

- Small class size
 - Work at your own pace
 - Offered at the Riverfront YMCA
 - Work out with fellow cancer survivors
 - **First session free**
- Spring Session 3/1 - 4/24**



***Enjoy the natural
properties of water.***

Each class will begin with a slow and comfortable warm-up, followed by water walking and range of motion exercises; we will end class with a gentle cool down and stretch.

- Range of motion and flexibility
- Enjoy the camaraderie of your classmates
- Certified, Experienced Instructors

Tuesday 11:15 – 12 pm and/or Thursday 1 – 2 pm

You must have completed any medical treatment before joining the class and complete a Physician Clearance Form.

L I V E S T R O N G™ *at the* **YMCA**

A PROGRAM OF THE YMCA AND THE LANCE ARMSTRONG FOUNDATION

CONTACT

Linda Davis, Aquatic Director
(609) 543-6200 x302
lindad@ymca-bc.org



Y for All Income-Based Pricing and Strong Kids Financial Assistance is Available

The YMCA of Burlington County is the not-for-profit 501(c)(3) charitable corporation that is building strong kids, families and communities through programs designed to improve an individual's spirit, mind and body.