



HEALTH HAPPENS at the Y!

2026 Schedule

These classes require physician referral and registration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CARDIAC REHAB 8:00 am / Fitness Center 8:30 am / Studio 1		 CARDIAC REHAB 8:00 am / Fitness Center 8:30 am / Studio 1		 CARDIAC REHAB 8:00 am / Fitness Center 8:30 am / Studio 1
	 LIVESTRONG® AT THE YMCA 10:00 am / Fitness Center January 6 – March 26 July 7 – September 24		 LIVESTRONG® AT THE YMCA 10:00 am / Fitness Center January 6 – March 26 July 7 – September 24	
	 NEUROHEALTH 11:30 am / Fitness Center 12:00 pm / Studio 1		 NEUROHEALTH 11:30 am / Fitness Center 12:00 pm / Studio 1	
 CARDIAC REHAB 3:00 pm / Fitness Center 3:30 pm / Studio 1	 LIVESTRONG® AT THE YMCA 3:00 pm / Fitness Center April 7 – June 25 September 29 – December 17	 CARDIAC REHAB 3:00 pm / Fitness Center 3:30 pm / Studio 1	 LIVESTRONG® AT THE YMCA 3:00 pm / Fitness Center April 7 – June 25 September 29 – December 17	 CARDIAC REHAB 3:00 pm / Fitness Center 3:30 pm / Studio 1

Please see reverse side for class length and class descriptions.



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CARDIAC REHABILITATION 60 min. Class

Our cardiac rehabilitation program is designed to help participants reclaim their physical, emotional, and social wellness after a cardiac event or diagnosis, manage their risk factors, and reduce the likelihood of disease progression. Participants are guided by experienced exercise professionals, in working to improve their cardiorespiratory endurance, muscular strength and endurance, mobility, balance, flexibility, and movement confidence, while engaging with others who are affected by cardiovascular disease.

LIVESTRONG® at the YMCA 90 min. Class

An evidence-based program that helps adult cancer patients and survivors reclaim their health and well-being following a cancer diagnosis. Participating YMCAs create a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Since 2007, the LIVESTRONG® Foundation has been the YMCA's partner in developing and delivering LIVESTRONG at the YMCA.

NEUROHEALTH PROGRAM FOR PATIENTS AND THEIR CARE PARTNERS 60 min. Class

The NeuroHealth program is focused on providing social, emotional, physical and quality of life improvements for the NeuroHealth patient and their care partner. During this program, both the patient and care partner will be invited to attend two, 1-hour movement classes each week. Each participant will be guided by our Health & Wellness Team on the options that will be most beneficial to them and help slow progression of the disease. Care partners will have the option to participate in activities together with patients or separately.

