

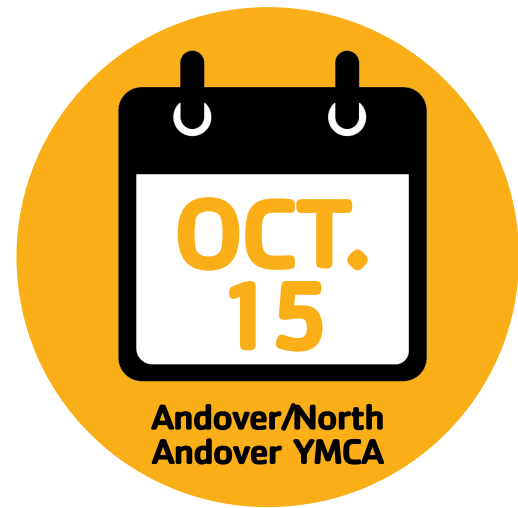


# LiveStrong at the YMCA

**SUPPORT THOSE WHO ARE FIGHTING THEIR TOUGHEST BATTLE!**

Join us to help fund the **LiveStrong** at the Y wellness program so that we can ensure that every person in our community that is living with cancer doesn't just survive, they **LiveStrong**.

**LiveStrong at the Y**  
**October 15, 2022 • 7:30a-12:30p**  
**Andover/ North Andover Branch**



See reverse for class schedule.

**REGISTER HERE TODAY!**



**Register**

For more information contact, Chuck Garlington at (978) 685-3541 or by email at [cgarlington@mvyymca.org](mailto:cgarlington@mvyymca.org) .

**[mvyymca.org](http://mvyymca.org)**

All proceeds from our classes, \$25 each class, will go towards our LiveStrong Campaign to help ensure the health and wellness of all living with cancer and our survivors.

- 7:30am - 9:00am - LiveStrong Pedaling for a Purpose
  - Triple the Spin with Sherry, Pam and Bonnie
- 8:00am - 9:15am - LiveStrong Dancing for a Difference
  - Featuring Lori and her Dance Fitness Moves
- 9:30am - 10:45am - Kicking for Cancer
  - Kickboxing taught by Lori
- 9:30am - 11:00am - The Roots of Healthy Yoga Practice
  - With Yoga Joe
- 11:15am - 12:30pm - Squat Competition

**Free Childwatch during the event 7:30a-12:30p!**



Donate

Unable to join? Follow the QR code to support the LiveStrong movement!

