



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Livestrong® with the Muskegon YMCA

Frequently Asked Questions:

How physically strenuous is the program?

This program is tailored to each participant. Through intake, we will discover what a safe place for you to start is and how quickly you should progress. Your exercise prescription will be tailored to your needs.

What if my doctor won't release me?

You need to have permission from your doctor to participate. We are available to discuss any more detailed questions about the nature of the program with your healthcare provider.

What do I wear?

You can wear whatever you feel comfortable in and allows ease of movement. Layers are suggested and you should wear a pair of supporting closed toed shoes.

What if I can't finish the program?

We know life can throw curveballs but we do ask that you commit to coming to 85% of the classes throughout the 12-week session. This is to ensure we are giving you the best possible tools to continue after the program's completion. Multiple absences tend to defer from reaching your fullest potential.

Can I join a session late?

Generally, it is not recommended that an individual join the group program after one week of the first session.

What education do the instructors have?

All instructors complete training specific to the LIVESTRONG program to include: Livestrong with the YMCA Instructor Certification, Foundations of Group Exercise, Foundations of Strength and Conditioning, Healthy Lifestyle Principles, Listen First, Working with Cancer, Lymphedema Training

What is the cost to participate?

We work hard to raise money so this program can be offered for FREE

Is this a support group?

No, it is not set up as a support group; however, you will receive support from each other by participating in the program

Is my information confidential?

Yes. We follow HIPAA guidelines and your information will be kept private and confidential.

How do I sign up?

Email kdelong@muskegonymca.org or call 231.722.9622 ext. 205