

Moving Through Cancer Community Resource Guide East Pennsylvania



YMCA & Livestrong Programs- East

Berwick Area YMCA

231 West Third St, Berwick, PA, 18603

Website: <https://www.berwickymca.org/>

Phone Number: 570-752-5981

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

YMCA & Livestrong Programs- South (East)

West Shore Branch YMCA

410 Fallowfield Rd, Camp Hill, PA, 17011

Website: <https://ymcaharrisburg.org/west-shore/>

Phone Number: 717-737-9622

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Friendship Branch YMCA

5000 Commons Dr, Harrisburg, PA, 17112

Website: <https://ymcaharrisburg.org/friendship-ymca/>

Phone Number: 717-935-9622

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

North Hanover YMCA

500 George St, Hanover, PA, 17331

Website: <https://www.hanoverymca.org/>

Phone Number: 717-632-8211

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

York Branch YMCA

310 W Philadelphia St, York, PA, 17401

Website: <https://www.ymca.org/>

Phone Number: 717-843-7884

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Lampeter-Strasburg YMCA

800 Village Rd, Lancaster, PA, 17602

Website: <https://www.rosesymca.org/>

Phone Number: 717-464-4000

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Ambler YMCA

1325 McKean Rd, Lower Gwynedd Twp, PA, 19001

Website: <https://www.philaymca.org/locations/ambler-ymca>

Phone Number: 215-628-9950

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Rocky Run YMCA

1299 W Baltimore Pike, Media, PA, 19063

Website: <https://www.philaymca.org/locations/rocky-run-ymca>

Phone Number: 610-627-9622

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Springfield Branch

194 W. Sproul Rd, Springfield, PA, 19064

Website: <https://cyedc.org/locations/lansdowne/>

Phone Number: 610-557-9622, ext. 3

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Haverford Area YMCA

891 N Eagle Rd, Havertown, PA, 19083

Website: <https://www.philaymca.org/locations/haverford-area-ymca>

Phone Number: 610-649-0700

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Columbia North YMCA

1400 N Broad St, Philadelphia, PA, 19121

Website: <https://www.philaymca.org/locations/columbia-north-ymca>

Phone Number: 215-235-6440

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Christian Street YMCA

1724 Christian St, Philadelphia, PA, 19146

Website: <https://www.philaymca.org/locations/christian-street-ymca>

Phone Number: 215-735-5800

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Coatesville YMCA

295 Hurley Rd, Coatesville, PA, 19320

Website: <https://ymcagbw.org/locations/coatesville-ymca>

Phone Number: 610-431-9622

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

West Chester Area YMCA

605 Airport Rd, West Chester, PA, 19380

Website: <https://ymcagbw.org/locations/west-chester-area-ymca>

Phone Number: 610-430-9622

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

YMCA of Greater Brandywine

1 E Chesnut St, West Chester, PA, 19380

Website: <https://ymcagbw.org/>

Phone Number: 610-431-9622

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Jennersville YMCA

880 W. Baltimore Pike, West Grove, PA, 19390

Website: <https://ymcagbw.org/locations/jennersville-ymca>

Phone Number: 610-380-9622

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Greater Philadelphia YMCA

400 Fayette St., Suite 250, Conshohocken, PA, 19428

Website: <https://www.philaymca.org/>

Phone Number: 215-918-7453

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors