

# Moving Through Cancer Community Resource Guide South Pennsylvania



## YMCA & Livestrong Programs- South

### Chambersburg Memorial YMCA

570 McKinley St, Chambersburg, PA, 17201

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

Phone Number: 717-263-8508

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

### Waynesboro Area YMCA

810 E Main St, Waynesboro, PA, 17268

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

Phone Number: 717-762-6012

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

### Bob Hoffman Dover YMCA

1705 Palmino Rd, Dover, PA, 17315

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

Phone Number: 717-292-5622

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

### South Hanover YMCA

650 Fairview Dr, Hanover, PA, 17331

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

Phone Number: 717- 632-0294

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



### **Littlestown Area Branch YMCA**

95 Keystone St, Littlestown, PA, 17340

**Website:** <https://www.ymca.org/locations/littlestown-area-branch-ymca>

**Phone Number: 717-359-9733**

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

### **The W. Dale Broughter Foundation YMCA**

100 Constitution Ave, Shrewsbury, PA, 17361

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

**Phone Number: 717-235-0446**

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

### **City Center YMCA**

265 Harrisburg Ave, Lancaster, PA, 17603

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

**Phone Number: 717-397-7474**

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

## **YMCA & Livestrong Programs- South (Central)**

### **Williamsport Branch YMCA**

641 Walnut St, Williamsport PA, 17701

**Website:** <https://www.rvrymca.org/>

**Phone Number: 570-323-7134**

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



### **Jersey Shore Branch YMCA**

826 Allegheny St, Jersey Shore PA, 17740

**Website:** <https://www.rvrymca.org/>

**Phone Number: 570-398-2150**

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

### **Lock Haven Branch YMCA**

145 E Water St, LockHaven PA, 17745

**Website:** <https://www.rvrymca.org/lock-haven>

**Phone Number: 570-748-6727**

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

### **Eastern Lycoming Branch YMCA**

50 Fitness Dr, Muncy, PA, 17756

**Website:** <https://www.rvrymca.org/eastern-lycoming>

**Phone Number: 570-546-8822**

- 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



## **YMCA & Livestrong Programs- South (West)**

### **Sampson Family YMCA**

2200 Golden Mile Hwy, Pittsburgh, PA, 15239

**Website:** <https://www.pittsburghymca.org/>

**Phone Number: 412-744-1179**

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