

HANOVER AREA YMCA

HEART PROGRAM



CARDIAC REHAB PROGRAM

The Hanover Area YMCA is partnering with UPMC Cardiac Rehab. This program includes a one-time opportunity to work with a personal trainer in a group session to learn equipment and continue with your workout plan.

- ♥ **Group Sessions are held at both the North Hanover YMCA & South Hanover YMCA**
- ♥ **Group Sessions are available every Thursday from 9:00AM-10:00AM alternating locations**



Bring your cardiac rehab completion certificate to any of our Membership Desks to get started!

**INCLUDES A
30 DAY
FREE TRIAL
MEMBERSHIP**

Convert to a regular membership before the end of the free trial, and we will waive your joining fee.

Helping **E**veryone **A**ppreciate **R**ecovery **T**raining



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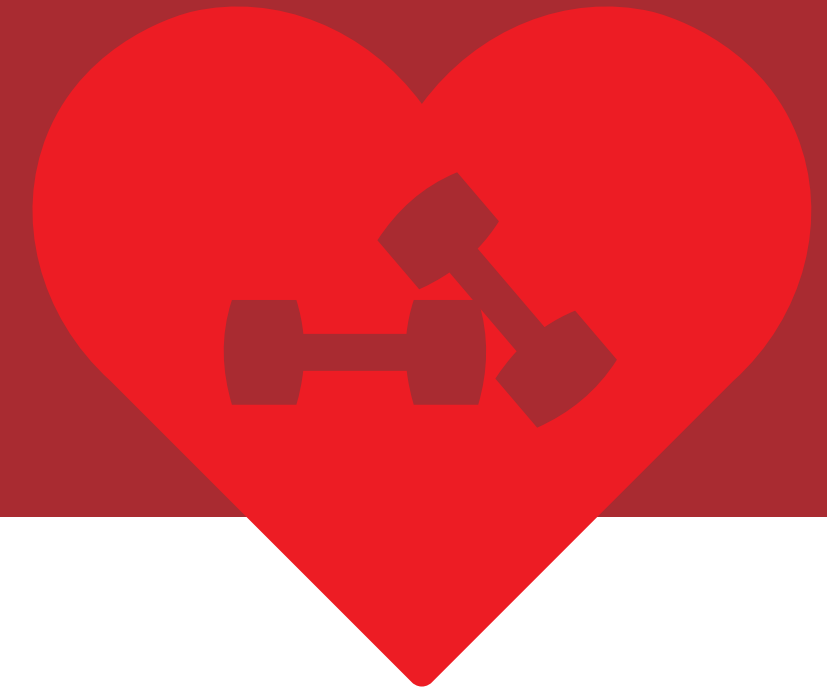
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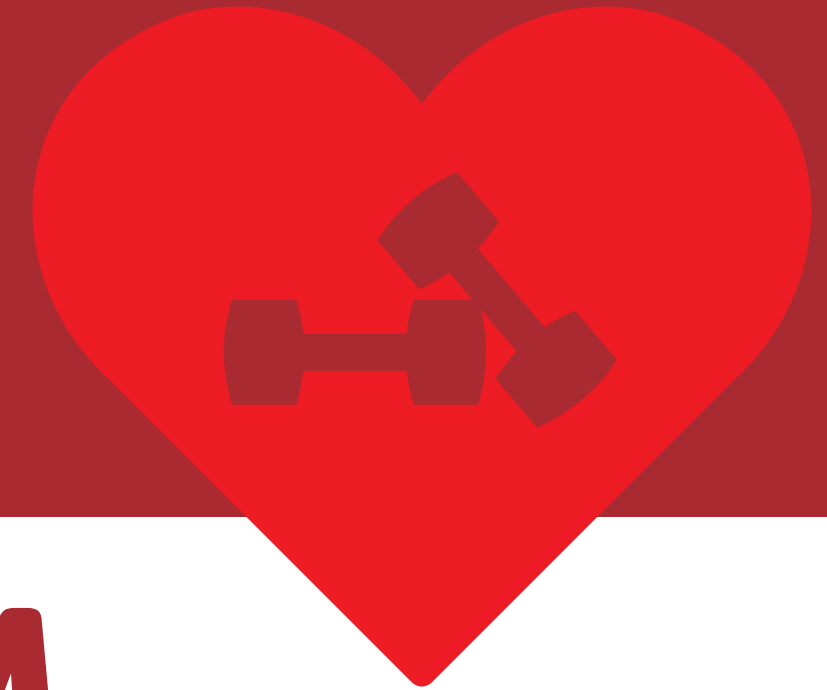
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