

YWCA Greater Newburyport

*Is dedicated to eliminating racism, empowering women
and promoting peace, justice, freedom and dignity for all*

ENCORE & AFTER ENCORE

We are so glad you are here.

The YWCA Encore Program is a free 12-week program designed specifically for cancer survivors who are ready to take a step toward better health, strength, and community. Whether you are brand new to exercise or returning after treatment, Encore meets you where you are.

YOUR PROGRAM CONTACT

Ilene Harnch-Grady

Health & Wellness / Encore Director

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13 Market Street, Newburyport, MA 01950 | (978) 225-6510
Open Registration dates: Jan 1, March 1, May 1, July 1, Sept 1, Nov 1



Land Class



Pool Class

YWCA Greater Newburyport | ENCORE Program

Surviving and Thriving Through Cancer

What is YWCA Encore

YWCA Encore is a unique, free 12-week survivorship program for those who have experienced cancer at any point in their lives.

ENCORE integrates a dynamic approach to wellness through gentle land and warm water pool exercises, relaxation techniques, guest speakers, and ongoing peer support.

Program leaders guide participants through:

- Balance, core strength & mobility
- Flexibility & overall strength
- Comfort & relaxation techniques

Current Encore Schedule May 2026

Land Classes: Tuesday, 11:30 am, Thursday, 5:15 pm

Warm Water Pool classes: Monday & Thursday, 6:05 pm

Tuesday: 12:30 pm

Live Yoga classes: Mon: 10 am, Tues. 9:30 am/6:00 pm,

Thurs: 10:05 am, Saturday, 9:30 am

All classes offered by Zoom (link via YWCA Website)

A comfortable, safe environment to keep growing — at your own pace.

Peer Support Groups

All Encore & After Encore participants are welcome to join:

Tough Warrior Princesses & Warrior Chat

2nd Thursday of every month • 7:00 pm
50 Market Street, Amesbury, MA

How YWCA Encore Can Help

Cancer treatment side effects can pose many challenges. ENCORE combines effective guided exercise both on land and in the warm water pool to address:

- Numbness & sensory loss
- Weakness, fatigue & mobility loss
- Physical & psychological discomfort

Meet the Staff

Ilene Harnch-Grady

Health & Wellness / Encore Director

Beth Murray

Registered Massage Therapist / Personal Trainer

What is After Encore

After Encore is available to participants who have completed the 12-week Encore program. Participants can opt into a self-selected payment plan, continuing with the community and instructors they know.

“What Our Participants Say”

“Encore gave me my life back.”

— ML

“I have seen such an improvement and balance in my overall strength.”

— PB

“So thankful for this group — it supports and motivates me. We never thought we could be so happy being active.”

— PL & KB

To Enroll

Visit our website:

www.ywcanewburyport.org

Have your physician sign the medical release found on the application.

Support Encore

Your support keeps Encore free for all cancer survivors.

Make checks payable to:

YWCA Greater Newburyport

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