



# YOUR VIRTUAL YMCA

VIRTUAL PROGRAM SCHEDULE | REGISTRATION REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>VIRTUAL GROUP EXERCISE</b> Register for Virtual Group Exercise and receive one Zoom Link for all programs in this section (Ages 12+)					
<b>BUTTS &amp; GUTTS</b> 8:15-8:45am   Paul  <b>YOGA</b> 9:00-10:00am   Paul  <b>CHAIR YOGA</b> 11:30-12:15pm   JoAnn  <b>ENHANCE FITNESS</b> 12:30-1:30pm   Martha	<b>FIRM &amp; FIT</b> 9:15-10:15am   Wendy  <b>PILATES</b> 10:30-11:15am   Wendy  <b>STANDING CHAIR FITNESS</b> 11:30-12:15pm   Trish  <b>YOGA</b> 5:30-6:30pm   Lisa	<b>YOGA</b> 9:00-10:00am   Shaheda  <b>CHAIR YOGA</b> 10:15-11:00am   Shaheda  <b>SILVERSNEAKERS</b> 12:30-1:15pm   JoAnn  <b>YOGA</b> 7:30-8:30pm   Donna	<b>FIRM &amp; FIT</b> 9:15-10:15am   Wendy  <b>PILATES</b> 10:30-11:15am   Wendy  <b>ENHANCE FITNESS</b> 12:30-1:30pm   Martha  <b>YOGA</b> 7:30-8:30pm   Lisa	<b>BACK TO ABS</b> 8:15-8:45am   Paul  <b>BODY WORKS</b> 9:00-9:45am   Paul  <b>CHAIR YOGA</b> 11:30-12:15pm   JoAnn  <b>SILVERSNEAKERS</b> 12:30-1:15pm   JoAnn	<b>YOGA</b> 8:00-9:00am   Lisa
					<b>SUNDAY</b>
					<b>YOGA</b> 8:00-9:00am   Lisa

**VIRTUAL FAMILY FEUD! \***  
Saturday, November 20 @ 11:00am  
Register at [www.tgfymca.org](http://www.tgfymca.org)

## VIRTUAL Y ON DEMAND & YMCA360

Virtual Y On Demand and YMCA360 are available free to ALL Full Privilege Members!

24 Hour On Demand recorded programs from OUR Y and Y's across the country, including Group Exercise, Youth Sports Skills Drills, Nutrition Programs, and MORE! Join LIVE Group Exercise Programs from across the country on YMCA360!

Virtual Y On Demand <https://counter.tgfymca.org/virtual-y> YMCA360 <https://tgfymca.org/y360/>

## VIRTUAL CHRONIC DISEASE SELF-MANAGEMENT Open to Community Members

<b>BPSM HEALTHY EATING PRESENTATION</b> 10:15-11:00am   Paul	<b>BLOOD PRESSURE SELF-MONITORING</b> 2:00-3:00pm   Paul  <b>DIABETES EMPOWERMENT EDUCATION</b> 2:00-3:00pm   Paul  <b>GROUP LIFESTYLE BALANCE—DIABETES PREVENTION*</b> 6:30-7:30pm   Paul	<b>GROUP LIFESTYLE BALANCE—DIABETES PREVENTION*</b> 2:00-3:00pm   Paul	<b>HEALTHY LIVING BEHAVIOR CHANGE</b> 10:00-10:45am   Paul
		<b>GROUP LIFESTYLE BALANCE DIABETES PREVENTION PROGRAM*</b> Wed @ 6:30-7:30pm Or Thur @ 2:00-3:00pm Contact Paul, <a href="mailto:bpsm@tgfymca.org">bpsm@tgfymca.org</a>	

Please visit [tgfymca.org/events](http://tgfymca.org/events) for additional seminars, social opportunities and monthly events for all ages

Virtual Y On Demand Recorded Programs Available 24 hours a day  
Register at [www.tgfymca.org](http://www.tgfymca.org) | Full or Virtual Membership Required **NOVEMBER 2021**

# VIRTUAL PROGRAM DESCRIPTIONS | REGISTRATION REQUIRED

**BACK TO ABS** – Flatten the curve! Core Conditioning to address postural muscle deficiencies and create a firmer mid-section.

**BARRE EXERCISE**– Ballet inspired moves with elements of Pilates, dance yoga and strength training.

**BLOOD PRESSURE SELF-MONITORING (BPSM) Small Group Program** – Ages 18+. Research shows that simply checking and recording your blood pressure (BP) twice a month for four months may lower BP for those with high BP. Participants must have been diagnosed with high BP, not experienced a recent cardiac event or have any arrhythmias or atrial fibrillation. Participants will work with trained staff over to improve their self-monitoring skills. Program goals are to reduce and better manage your BP, and enhance knowledge of healthier eating habits. Monthly Nutrition Seminars will highlight healthier eating habits.

**BODY WORKS** – Body works is a great cardio workout for the person who is looking for an easier paced class. Beginner/Intermediate Level.

**BOOT CAMP** – Challenging body weight calisthenics set to a vigorous pace to get your heart pounding, tone your muscles and promote flexibility. Everything can be modified.

**BUTTS & GUTTS** – Body weight calisthenics to target major muscles of the lower body, core and address postural muscle imbalances.

**CHAIR YOGA** – Yoga performed standing and in a chair, no mat work. Build your strength, balance and flexibility while developing mental clarity, reducing tension and relaxing breath control.

**DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP) Small Group Program** – Ages 18+. DEEP is a 6-week program designed to help participants gain a better understanding of diabetes self-care. Relatives and caregivers are welcome to also attend. Curriculum includes developing self-care, preventing complications, increasing physical activity, improved nutrition, and utilizing available resources.

**ENHANCE FITNESS** – Developed for people with arthritis, you will be led through gentle movement to promote circulation, balance, mobility, strength and range of motion while going easy on the joints. All exercise done while standing or seated in a chair.

**FIRM & FIT** – Low impact/High intensity. Choreographed cardio routines. Incorporates floor work, flexibility & strength conditioning.

**GET FIT KIDS** – Ages 5-12. This class is designed for youth to experience a group exercise class in a fun way! This is a full body workout that incorporates both cardiovascular exercise and light weight training.

**HEALTHY BACK** – Designed to improve the strength of the core muscles to protect and maintain a healthy back.

**HEALTHY LIVING BEHAVIOR CHANGE Small Group Program** – Designed to assist members in setting goals and making personal progress to a healthy life.

**MINDFUL MEDITATION** – This class is effective for stress reduction and pain management. Promotes wakefulness and joy. Leave class feeling uplifted, calm and centered.

**SILVERSNEAKERS** – Gentle movement to promote circulation, balance, mobility, strength and range of motion while going easy on the joints. All exercises done while standing or seated in a chair.

**STANDING CHAIR FITNESS** – Work your muscles to move better, bend more easily, and reach higher. All exercises are designed for those with limited mobility and balance.

**YOGA** – A slow vinyasa flow class focusing on standing poses to build strength, balance and flexibility. Learn how everything can be modified to suit your needs.

**Y'S WEIGHT LOSS PROGRAM (WLP) Small Group Program** – Ages 18+. WLP is a small group-based program designed to empower, encourage and provide the tools needed for success. Weekly topics include balanced eating, physical activity, goal setting, positive psychology and behavior sustainability. Through group work, all participants design personal action plans to achieve their own personal weight loss goals.

**VIRTUAL WISE CENTER PROGRAM** – In this virtual version of our WISE Center Adult Social Program, our staff will provide daily activities and email support, weekly clinical support, virtual opportunities for groups and individuals, and telephone support. Specializing in offering service to caregivers of those with Alzheimer's or Mild Cognitive Impairment. Monthly Fee required.

**ZUMBA** – Upbeat, easy to follow dance moves set to music you can't stand still for. Move, sweat and smile **to better fitness.**

Register at [www.tgfymca.org/virtual-wellness](http://www.tgfymca.org/virtual-wellness)

**Ages 12+ (unless otherwise noted)**