



# YOUR VIRTUAL YMCA

VIRTUAL PROGRAM SCHEDULE | REGISTRATION REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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## VIRTUAL GROUP EXERCISE

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   Wendy  <b>YOGA</b> 9:00-10:00am   Andrea  <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>YOGA</b> 6:00-7:00pm   Lisa  <b>BARRE</b> 7:30-8:30pm   Allison	<b>CHAIR YOGA</b> 10:15-11:00am Andrea  <b>SILVERSNEAKERS</b> 12:30-1:15pm   JoAnn  <b>WISE CARDIO JAM</b> 2:00-3:00pm   Susan  <b>YOGA</b> 6:00-7:15pm   Lisa	<b>FIRM &amp; FIT</b> 9:15-10:15am   Wendy  <b>PILATES</b> 10:30-11:15am I Wendy  <b>RESTORATIVE YOGA</b> 7:30-8:30pm   Lisa *2 Blankets Required	<b>ZONE Z CARDIO</b> 8:00-8:45am   Laura  <b>BODY WORKS</b> 9:00-9:45am   MaryLou  <b>SILVERSNEAKERS</b> 11:30-12:15pm   JoAnn  <b>CHAIR YOGA</b> 12:30-1:15pm   JoAnn  <b>WISE CARDIO JAM</b> 2:00-3:00pm   Susan	<b>YOGA</b> 8:00-9:15am   Lisa          <b>VINYASA YOGA</b> 8:00-9:15am   Lisa
<div style="border: 1px solid blue; padding: 5px;"> <p><b>PLEASE REGISTER FOR THE PROGRAM NAMED VIRTUAL GROUP EXERCISE</b> This one program provides access to all listed on this flyer!</p> </div>					<b>SUNDAY</b>

## 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

**DIABETES PREVENTION PROGRAM—PREVENT TYPE 2\* & BLOOD PRESSURE SELF-MONITORING\***  
In Person and Virtual Opportunities are available. Contact [bpsm@tgfymca.org](mailto:bpsm@tgfymca.org)

**LIVESTRONG AT THE YMCA\***  
In Person and Virtual Opportunities are available. Contact [jpelano@tgfymca.org](mailto:jpelano@tgfymca.org)

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

**ALWAYS CONNECTED, STAYING INFORMED**  
**THE GATEWAY FAMILY YMCA**  
**YMCA360 MOBILE APP**



**JUNE 24—AUGUST 29**

YMCA360 On Demand Recorded Programs Available 24 hours a day  
Register at [www.tgfymca.org](https://www.tgfymca.org) | Full or Virtual Membership Required

**SUMMER 2024**