



YOUR VIRTUAL YMCA

VIRTUAL PROGRAM SCHEDULE | REGISTRATION REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VIRTUAL GROUP EXERCISE					
Register for Virtual Group Exercise and receive one Zoom Link for all programs in this section (Ages 12+)					
BUTTS & GUTTS 8:15-8:45am Wendy YOGA 9:00-10:00am Andrea CHAIR YOGA 11:30-12:15pm JoAnn ENHANCE FITNESS 12:30-1:30pm Martha	FIRM & FIT 9:15-10:15am Wendy PILATES 10:30-11:15am Wendy YOGA 6:00-7:00pm Lisa BARRE 7:30-8:30pm Allison	CHAIR YOGA 10:15-11:00am Andrea SILVERSNEAKERS 12:30-1:15pm JoAnn WISE CARDIO JAM 2:00-3:00pm Susan YOGA 6:00-7:15pm Lisa	FIRM & FIT 9:15-10:15am Wendy PILATES 10:30-11:15am Wendy RESTORATIVE YOGA 7:30-8:30pm Lisa *2 Blankets Required	ZONE Z CARDIO 8:00-8:45am Laura BODY PUMP 9:00-9:45am Kelly SILVERSNEAKERS 11:30-12:15pm JoAnn CHAIR YOGA 12:30-1:15pm JoAnn WISE CARDIO JAM 2:00-3:00pm Susan	YOGA 8:00-9:15am Lisa
					SUNDAY
					VINYASA YOGA 8:00-9:15am Lisa

VIRTUAL GROUP EXERCISE Registration Information

Virtual Group Exercise is available **FREE** to **ALL Full Members** and **Virtual Members!** Register at <http://www.tgfymca.org>

REGISTRATION IS A 2-STEP PROCESS: Register for the program named VIRTUAL GROUP EXERCISE. Scroll down after registering to the additional Zoom Link and click there. You must include your information in that link to receive the email directly from Zoom.



YMCA360 Mobile App & Web Portal

YMCA360 is available **FREE** to **ALL Full Members!** **YMCA360** <https://tgfymca.org/y360/>

24 Hour On Demand recorded programs from 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 CHRONIC DISEASE SELF-MANAGEMENT Open to Community Members

DIABETES PREVENTION PROGRAM—PREVENT TYPE 2* & BLOOD PRESSURE SELF-MONITORING*
LIVESTRONG AT THE YMCA* In Person and Virtual Opportunities are available. Contact bpsm@tgfymca.org

Please visit 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



OCTOBER 28—DECEMBER 22

YMCA360 On Demand Recorded Programs Available 24 hours a day
Register at www.tgfymca.org | Full or Virtual Membership Required

FALL 2 2024