YOUR VIRTUAL YMCA

VIRTUAL PROGRAM SCHEDULE | REGISTRATION REQUIRED

VIRTUAL GROUP EXERCISE

Register for Virtual Group Exercise and receive one Zoom Link for all programs in this section (Ages 12+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BUTTS & GUTTS 8:15-8:45am | Wendy **YOGA** 9:00-10:00am Andrea **CHAIR YOGA** 11:30-12:15pm JoAnn **ENHANCE FITNESS FOR ARTHRITIS** 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 FITNESS** 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 lWendy **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 FITNESS** 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
YMCAA360 MOBILE APP**

SCAN ME

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

DECEMBER 30—FEBRUARY

WINTER 2024