YOUR VIRTUAL YMCA

VIRTUAL PROGRAM SCHEDULE | REGISTRATION REQUIRED

FALL 2 2026
10/26-12/27

VIRTUAL GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 4:30 - 5:45pm Lisa BARRE 7:30-8:15pm 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 Wendy RESTORATIVE YOGA 7:30-8:30pm Lisa *2 Blankets Required	ZONE Z CARDIO 8:00-8:45am Laura BODY WORKS 9:00-10:00am Mary Lou 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	YOGA 8:00-9:15am Lisa

Virtual Group Exercise is available FREE to ALL Full Members and Virtual Members!

Register at www.tgfymca.org

Registration is a 2-Step process: Register for the program named Virtual Group Exercise. Scroll down after registering to the additional link that says VISIT and register on Zoom (or wait for the email to arrive with the link the following day.

ALWAYS CONNECTED, STAYING INFORMED

Download the YMCA360 Mobile App

Class Changes will be provided through App Messages/Notifications

YMCA Group Exercise Programs are available for Full Members Age 12+ unless indicated
All classes begin on time. Please be courteous to your fellow members and arrive early.
Schedule is subject to change. Please follow our Mobile App for updates.