



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+)

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 BARRE 6:30-7:30pm Allison	FIRM & FIT 9:15-10:15am Wendy PILATES 10:30-11:15am Wendy YOGA 6:00-7:00pm Lisa	YOGA 9:00-10:00am Shaheda CHAIR YOGA 10:15-11:00am Shaheda SILVERSNEAKERS 12:30-1:15pm JoAnn WISE CARDIO JAM 2:00-3:00pm Susan YOGA 6:00-7:00pm Lisa	FIRM & FIT 9:15-10:15am Wendy PILATES 10:30-11:15am Wendy RESTORATIVE YOGA 7:30-8:30pm Lisa *2 Blankets Required	BODY PUMP (December Only) 9:00-10:00am Laura CHAIR YOGA 11:30-12:15pm JoAnn SILVERSNEAKERS 12:30-1:15pm JoAnn WISE CARDIO JAM 2:00-3:00pm Susan	YOGA 8:00-9:00am Lisa
					SUNDAY VINYASA YOGA 8:00-9:00am Lisa

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.tgfyymca.org/virtual-y>

YMCA360 <https://tgfyymca.org/y360/>

VIRTUAL CHRONIC DISEASE SELF-MANAGEMENT

Open to Community Members

VIRTUAL BLOOD PRESSURE SELF-MONITORING
8:15-9:15am | Jodi

GROUP LIFESTYLE BALANCE DIABETES PREVENTION PROGRAM* & BLOOD PRESSURE SELF-MONITORING* In Person and Virtual Opportunities are available. Contact bpsm@tgfyymca.org

Fall 2 2022 Session October 31—December 24

Please visit tgfyymca.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.tgfyymca.org | Full or Virtual Membership Required

FALL 2 2022