



# 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>ENHANCE FITNESS</b> 12:30-1:30pm   Martha  <b>BARRE</b> 6:30-7:30pm   Allison	<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>YOGA</b> 9:00-10:00am   Lisa  <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> 6:00-7:00pm   Lisa	<b>FIRM &amp; FIT</b> 9:15-10:15am   Wendy  <b>PILATES</b> 10:30-11:15am   Wendy  <b>RESTORATIVE YOGA</b> 7:30-8:30pm   Lisa *2 Blankets Required	<b>BODY PUMP</b> 9:00-10:00am   Kelly  <b>CHAIR YOGA</b> 11:30-12:15pm   JoAnn  <b>SILVERSNEAKERS</b> 12:30-1:15pm   JoAnn  <b>WISE CARDIO JAM</b> 2:00-3:00pm   Susan	<b>SUNDAY</b>
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## 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

**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@tgfymca.org](mailto:bpsm@tgfymca.org)

**December 26-30**

Please visit [tgfymca.org/events](http://tgfymca.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.tgfymca.org](http://www.tgfymca.org) | Full or Virtual Membership Required

**HOLIDAY 2022**