



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 7:15-8:15pm Allison	YOGA 9:00-10:00am Lisa CHAIR YOGA 10:15-11:00am Andrea SILVERSNEAKERS 12:30-1:15pm JoAnn WISE CARDIO JAM 2:00-3:00pm Susan YOGA 6:00-7:00pm Lisa	FIRM & FIT 9:15-10:15am Wendy PILATES 10:30-11:15am I Wendy RESTORATIVE YOGA 7:30-8:30pm Lisa *2 Blankets Required	BODY PUMP 9:00-9:45am Kelly 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.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

January 2—February 26

Please visit 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 | Full or Virtual Membership Required

WINTER 2023