YOUR VIRTUAL YMCA

VIRTUAL PROGRAM SCHEDULE I 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 I Wendy **YOGA** 9:00-10:00am I Andrea **CHAIR YOGA** 11:30-12:15pm | JoAnn **ENHANCE FITNESS** 12:30-1:30pm I Martha **BODY HITT** 6:00-6:45pm I Kelly	**FIRM & FIT** 9:15-10:15am Wendy **PILATES** 10:30-11:15am Wendy **YOGA** 6:00-7:00pm I Lisa **BARRE** 7:30-8:15pm I Allison	**YOGA** 6:30-7:30am I Lisa **CHAIR YOGA** 10:15-11:00am Andrea **SILVERSNEAKERS** 12:30-1:15pm I JoAnn **WISE CARDIO JAM** 2:00-3:00pm I Susan **YOGA** 6:00-7:00pm I Lisa	**FIRM & FIT** 9:15-10:15am I Wendy **PILATES** 10:30-11:15am I Wendy **RESTORATIVE YOGA** 7:30-8:30pm I Lisa *2 Blankets Required	**FIT & FIRM** 8:15-8:45am | Laura **BODY PUMP** 9:00-10:00am | Kelly **CHAIR YOGA** 11:30-12:15pm | JoAnn **SILVERSNEAKERS** 12:30-1:15pm I JoAnn **WISE CARDIO JAM** 2:00-3:00pm I Susan	**YOGA** 8:00-9:00am I Lisa **SUNDAY** **VINYASA YOGA** 8:00-9:00am I 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

DIABETES PREVENTION PROGRAM—PREVENT TYPE 2* & BLOOD PRESSURE SELF-MONITORING*
In Person and Virtual Opportunities are available. Contact bpsm@tgfymca.org

LIVESTRONG AT THE YMCA*
Begins October 3rd. In Person and Virtual Opportunities are available. Contact jpelano@tgfymca.org

September 5—October 29

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 I Full or Virtual Membership Required

Fall 1 2023