

YOUR VIRTUAL YMCA

VIRTUAL PROGRAM SCHEDULE | REGISTRATION REQUIRED

Summer: June 23-August 28

MONDAY TUESDAY WEDNESDAY THURSDAY SATURDAY FRIDAY

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 FOR ARTHRITIS

12:30-1:30pm Martha

FIRM & FIT 9:15-10:15am Wendy

PILATES 10:30-11:15am Wendy

YOGA 6:00-7:15pm | Lisa

BARRE 7:30 pm -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 **IWendy**

RESTORATIVE YOGA

7:30-8:30pm | Lisa *2 Blankets Required **ZONE Z CARDIO**

8:00-8:45am | Laura **BODY WORKS**

9:00-9:45am Marylou

SILVER SNEAKERS FITNESS

11:30-12:15pm JoAnn

CHAIR YOGA 12:30-1:15pm l JoAnn

WISE CARDIO JAM 2:00-3:00pm | Susan **YOGA**

8:00-9:15am Lisa

SUNDAY

YOGA 8:00-9:15am Lisa

VIRTUAL GROUP EXERCISE Registration Information

Virtual Group Exercise is available FREE to ALL Full Members and Virtual Members! Register at http://www.tgfymca.org

REGISTRATION IS A 2-STEP PROCESS: Register for the program named VIRTUAL GROUP EXERCISE. Scroll down after registering to the additional Zoom Link and click there. You must include your information in that link to receive the email directly from Zoom.



YMCA360 Mobile App & Web Portal

YMCA360 is available FREE to ALL Full Members! YMCA360 https://tgfymca.org/y360/

24 Hour On Demand recorded programs from 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!

IRTUAL CHRONIC DISEASE SELF-MANAGEMENT **Open to Community Members**

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

Please visit tqfymca.org/events for additional seminars, social opportunities and monthly events for all ages

ALWAYS CONNECTED, STAYING INFORMED THE GATEWAY FAMILY YMCA YMCA 360 MOBILE APP



