



FITNESS AT THE Y AND AT HOME

Virtual Y Offerings | Fall I Session

(September 6 - October 30)

Your world has moved online. We're meeting you there! Stay connected to your Y even when you're not here. Stay active from home with these virtual workouts and nutrition tips.

Virtual Classes Summer Session

Class	When	What you need
Gentle Chair Yoga	W 8:30-9:00am	Chair, Yoga Ball, Yoga Strap & Yoga Block
Yin Fusion Yoga	M 7:00-8:00pm	Yoga Mat, Yoga Blocks & Yoga Strap
Enhance Fitness	M/T/TH 8:15-9:00am	Chair, Small Hand Weights (1-5lbs), & Ankle Weights (optional)
Gentle Stretch Yoga	T 10:15-11:00am	Yoga Mat, Yoga Blocks & Yoga Strap
DrumFIT	M 9:15-10:00am M 10:15-11:00am T 5:00-5:45pm TH 10:15-11:00am	Drum sticks, Stability Ball & Big Bucket
Slow Flow Vinyasa Yoga	T 7:15-8:00pm	Yoga Mat, Yoga Blocks & Yoga Strap
Your Core Counts	T 6:00pm-6:45pm	Light Dumbbells (Optional)
Zumba	M 7:15-8:15pm W 9:15-10:15am TH 7:30-8:30pm SAT 10:30-11:30am	
Hatha Yoga	M/W 5:00pm-5:45pm	Yoga Mat, Yoga Blocks & Yoga Strap

Access the Virtual Site

1. Go to ccaymca.y.org
2. Login using the barcode on the back of your swipe card.

Live Classes (Zoom Links)

- Zoom links for the live classes can be found under the "Blog" section.

Virtual Y can also be accessed via our mobile app in the "news" section.

Available at Member Services

- Yoga Mat \$7
- Yoga Strap \$6
- Yoga Block \$6
- Drumsticks \$6
- Yoga Ball \$8
- Small Exercise Ball \$10
- 2lb Dumbbell Pair \$8
- 3lb Dumbbell Pair \$10