

# FITNESS AT THE Y... AND AT HOME!



## Virtual Y Offerings | Spring II Session April 24 – June 18

Your world has moved online and 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 – Spring II Session

Class	When	What you need
Chair Yoga	M; 8:15–9:00am W; 8:30–9:00am	Chair, Yoga Ball, Yoga Strap & Yoga Block
Fit For Life	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 Ball, Yoga Blocks & Yoga Strap
DrumFIT	M; 9:15–10:00am M; 10:15–11:00am T; 5:15–6:00pm 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
Zumba/Zumba Gold™	M; 7:15–8:15pm W; 10:15–11:15am TH; 7:30–8:30pm SAT; 10:30–11:30am	Open space to move
Yin Fusion Yoga	M; 7:15pm–8:15pm	Yoga Mat, Yoga Blocks & Yoga Strap

## Access the Virtual Site

1. Go to [ccaymca.y.org](http://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.

**Look for more information about Y360 – our  
NEW virtual platform – coming very soon!**

### 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