



FITNESS AT THE Y AND AT HOME

Virtual Y Offerings | Spring II Session

(April 25 - June 19)

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 Spring II

Class	When	What you need
Gentle Chair Yoga	M/W 8:30-9:00am	Chair, Yoga Ball, Yoga Strap & Yoga Block
Raise Praise & Tone	M 9:15-10:00am	Light Dumbbells (optional)
Yin Fusion Yoga	M 7:00-8:00pm	Yoga Mat, Yoga Blocks & Yoga Strap
Fit for life	T/TH 8:30-9:00am	Chair, Small Ball, Small Hand Weights (1-3lbs)
Gentle Stretch Yoga	T 10:15-11:00am	Yoga Mat, Yoga Blocks & Yoga Strap
DrumFIT	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
Cardio Drumming	TH 6:00-7:00pm	Drum sticks, Stability Ball & Big Bucket
Zumba	M 7:15-8:15pm W 9:15-10:15am TH 7:30-8:30pm SAT 10:30-11:30am	

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