



FITNESS AT THE Y... AND AT HOME!

Virtual Y Offerings | Spring I Session
February 27– April 23

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 I Session

Class	When	What you need
Gentle Chair Yoga	W; 8:30–9:00am	Chair, Yoga Ball, Yoga Strap & Yoga Block
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; 5:15–6:00pm 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; 7:00pm–8:00pm	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