



FITNESS AT THE Y... AND AT HOME!

Virtual Y Offerings | Summer Session June 26 – August 20

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 – Summer 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/Chair DrumFIT	M; 9:15-10:00am (Chair) M; 10:15-11:00am T; 5:15-6:00pm TH; 10:15-11:00am	Drum sticks, Stability Ball & Big Bucket
Zumba™	SAT; 10:30-11:30am	Open space to move

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