



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

## Virtual Y Offerings | Winter Session January 2– February 26

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 – Winter 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; 5:00-5:45pm 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
Yin Fusion Yoga	M; 7:00-8:00pm	Yoga Mat, Yoga Blocks & Yoga Strap
Your Core Counts	T; 6:00pm-6:45pm	Light Dumbbells (Optional)
Hatha Yoga	M/W; 5:00pm-5:45pm	Yoga Mat, Yoga Blocks & Yoga Strap
Zumba/Zumba Gold™	M; 7:15-8:15pm W; 10:15-11:15am (gold) TH; 7:30-8:30pm	

### 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

## 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.