



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

FOREVER ADAPTING

Virtual Y Offerings • Spring I Session (Begins March 1)

Your world has moved online. We're meeting you there!
 Stay connected to your Y community, even when you're not here. Stay active from home with these virtual workouts and nutrition tips.



VIRTUAL CLASSES FOR SPRING I SESSION

CLASS	WHEN	WHAT YOU NEED	WHERE
CHAIR YOGA	M/W 8:30-9:00am	Hard Chair, Yoga Ball, Yoga Strap & Yoga Block	Virtually AND onsite in Milam Multipurpose Center
FIT FOR LIFE	T/TH 8:30-9:00am	Hard Chair, Small Ball, Small Hand Weights (1, 2 or 3 lbs. max.)	Virtually AND onsite in Milam Multipurpose Center
GENTLE YOGA	T 10:15-11:00am	Yoga Mat, Yoga Blocks, & Yoga Strap	Virtually AND onsite in Milam Multipurpose Center
YIN FUSION YOGA	M 7:00-7:45pm	Yoga Mat, Yoga Blocks, & Yoga Strap	Virtually only
BEGINNER BASIC YOGA	T 6:30-7:15pm	Yoga Mat, Yoga Blocks, & Yoga Strap	Virtually only
ZUMBA	M 7:00-7:45pm W 9:15-10:00am TH 7:15-8:00pm SAT 10:30-11:15am		Virtually AND onsite Mon/Wed in Milam Multipurpose Center and Thurs/Sat in the Riggins Room

These supplies are at our Front Desk:

- Yoga Mat \$7
- Yoga Strap \$6
- Yoga Block \$6
- Yoga Ball \$8
- Small Exercise Ball \$10
- 2lb Dumbbell Pair \$8
- 3lb Dumbbell Pair \$10

HOW DO I USE THE VIRTUAL SITE?

- 1. Go to the virtual website (ccaymca.y.org)**
 - 2. Login using the barcode on the back of your swipe card.**
 Not sure where it is? Contact our Member Service Team to assist you! **856-691-0030 (ext. 101 or 102)**
 - 3. Click on "videos" and select the video you want to watch - done!**
- NOTE:** For "Livestream Events," click the "Livestream Tab" on the correct date and time.

IT'S THAT EASY!

Upcoming TRAINER TALKS

- Wednesday, 3/3/21 ■ 9:30 - 10:00am
 - Tuesday, 3/9/21 ■ 5:30 - 6:30pm
 - Wednesday, 3/17/21 ■ 9:30 - 10:00am
 - Tuesday, 3/23/21 ■ 5:30 - 6:00pm
- Trainer Talks, found on the Virtual Y Site, are 30-minute sessions hosted by our trainers talking about various fitness/health topics.