

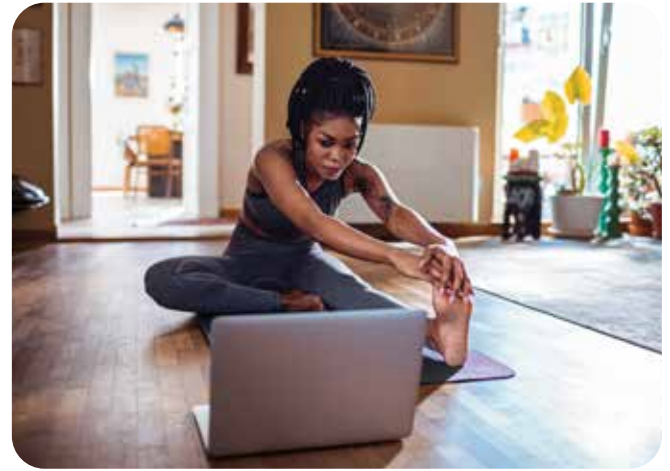


FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# FOREVER ADAPTING

## Virtual Y Offerings • Winter I Session (January 3rd – February 26th)

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 WINTER I SESSION

CLASS	WHEN	WHAT YOU NEED	WHERE
GENTLE CHAIR YOGA	M/W 8:30-9:00am	Hard Chair, Yoga Ball, Yoga Strap & Yoga Block	Virtually AND onsite in Riggins Room
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 Riggins Room
GENTLE STRETCH YOGA	T 10:15-11:00am	Yoga Mat, Yoga Blocks, & Yoga Strap	Virtually AND onsite in Riggins Room
YIN FUSION YOGA	M 7:00-8:00pm	Yoga Mat, Yoga Blocks, & Yoga Strap	Virtually AND in onsite in Davis Room
SLOW FLOW VINYASA YOGA	T 7:15-8:00pm	Yoga Mat, Yoga Blocks, & Yoga Strap	Virtually AND in onsite in Davis Room
ZUMBA	M 7:15-8:15pm W 9:15-10:15am TH 7:30-8:30pm SAT 10:30-11:30am		Virtually AND onsite Mon/Wed/Sat in Riggins Room and Thurs in the Miliam Multipurpose Center

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](http://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!

**IT'S THAT EASY!**

### ZOOM LINKS FOR "LIVE" CLASSES

For "Live" classes, click on "Blogs" on the top of the screen, then select the "virtual group ex class schedule" option to see all Zoom live class links.