

March 14, 2020

Hello Y Member,

We are excited to announce a select number of our group exercise classes are now available online. The newly created video library includes a variety of classes (maybe slightly modified) for all members from our Active Older Adult classes to Barre, Boot Camp and more. Now you can work out anytime and anywhere!

As we are all navigating these challenging times we remain committed to our members, volunteers and community. We know your health is important and your workouts are a vital element in maintaining a healthy lifestyle. We want to ensure you have as many options as possible to be the best version of you.

We hope this new resource will allow you the ability to continue your workouts and maybe even try some new ones!

Here is how to get started:

Step 1: Click the link: <https://ymcaoc.org/videos>

Step 2: Select your desired workout.

Step 3: Press play and begin!

Step 4: Give yourself a high five! You should be very proud of your dedication. We are!

We will update the video library with additional workouts as they become available. If you have questions regarding this information or any other programs, please contact the front desk at your local Y.

Thank you,

Dolores Daly
Chief Operations Officer
YMCA of Orange County