



WORKOUTS THAT GO WHERE YOU GO! FREE HOME WORKOUTS!

Regular exercise is one component of a healthy lifestyle that can help reduce stress and prevent illness. During this unprecedented time, the Y is launching online exercise classes to support the health and well-being of our community.

YMCA 360 is designed to help you and your family engage with the YMCA virtually from the comfort of home. Popular group exercise classes like boot camp, barre, and yoga taught by YMCA instructors are available now at no cost with more content on the way.

You are not alone. The Y Community is here for you at YMCA 360.

VISIT: www.capitalymca.org/ymca360-here-for-you and pick your class and enjoy!

We are working hard to provide options and additional benefits for our members and trust that you will find a class that you love. Remember you are not alone, and your Y community is still here!

**Yours in good health!
The Capital Area YMCA**