



VIRTUAL Y CLASS SCHEDULE

JULY - SEPTEMBER 2023

START TIME	CLASS	INSTRUCTOR	LEVEL	STUDIO
MONDAY				
5:45am	Les Mills Body Pump Express	Jill H. / Patty R.	Gentle - High Intensity	East Area Family Y
7:30am	POUND (AOA)	Rachele W.	Gentle - Moderate	East Area Family Y
8:30am	Path to Fitness	Genoa W.	Gentle - Moderate	East Area Family Y
9:30am	Les Mills Body Combat	Patty R.	Moderate - High Intensity	East Area Family Y
9:30am	Yoga	Kelly P.	Gentle - High Intensity	Northwest Family Y
10:30am	Les Mills Body Pump	Terrlicia S.	Moderate - High Intensity	East Area Family Y
10:30am	Gentle Yoga	Sybil G.	Gentle - Moderate	Northwest Family Y
11:30am	WERQ	Terri T.	Moderate - High Intensity	East Area Family Y
5:30pm	Les Mills Body Combat	David U.	Moderate - High Intensity	East Area Family Y
6:00pm	Power Yoga	Joan	Gentle - High Intensity	Northwest Family Y
6:30pm	Les Mills Body Pump	Colleen D.	Moderate - High Intensity	East Area Family Y
TUESDAY				
5:45am	Les Mills Body Combat Express	Patty R.	Gentle - High Intensity	East Area Family Y
9:30am	Chair Yoga	MaryBeth L.	Gentle	Northwest Family Y
9:30am	STEP Fusion	Wendy J.	Gentle - High Intensity	East Area Family Y
10:30am	NIA	Kathleen C.	Gentle - Moderate	East Area Family Y
10:45am	Gentle Yoga	Kelly P.	Gentle - Moderate	Northwest Family Y
5:30pm	Total Body Strength	Cindy P.	Gentle - High Intensity	East Area Family Y
WEDNESDAY				
5:45am	Les Mills Body Pump Express	Jill H. / Patty R.	Gentle - High Intensity	East Area Family Y
7:30am	Path to Fitness	Genoa W.	Gentle - Moderate	East Area Family Y
8:30am	POUND (AOA)	Rachele W.	Gentle - Moderate	East Area Family Y
9:30am	High Intensity Intervals	Cindy P.	Gentle - High Intensity	East Area Family Y
10:30am	Gentle Yoga	Sybil G.	Gentle - Moderate	Northwest Family Y
5:30pm	Les Mills Body Combat	Meredith A.	Gentle - High Intensity	East Area Family Y
6:00pm	Power Yoga	Maggie D.	Gentle - High Intensity	Northwest Family Y
6:30pm	Les Mills Body PUMP	Rachele W.	Gentle - High Intensity	East Area Family Y

MORE CLASSES ARE LISTED ON THE BACK

New classes are in **BOLD**.

YMCACNY.ORG/VIRTUALY

Please see the reverse side of this sheet for more information
about the Virtual Y log-in process



VIRTUAL Y CLASS SCHEDULE

START TIME	CLASS	INSTRUCTOR	LEVEL	STUDIO
THURSDAY				
5:45am	High Intensity Intervals	Patty R.	Gentle – High Intensity	East Area Family Y
7:30am	Chair Yoga	Genoa W.	Gentle	East Area Family Y
8:30am	BARRE	Jackie N.	Gentle – Moderate	East Area Family Y
9:30am	Les Mills Body Combat	Patty R.	Moderate – High Intensity	East Area Family Y
9:30am	Chair Yoga	MaryBeth L.	Gentle	Northwest Family Y
10:45am	Yoga	Kelly P.	Gentle – High Intensity	Northwest Family Y
11:30am	NIA	Kathleen C.	Gentle – Moderate	East Area Family Y
1:00pm	Chair Forever Fit	Terri T.	Gentle – Moderate	East Area Family Y
5:30pm	Strength & Cardio	Terri T.	Moderate – High Intensity	East Area Family Y
6:00pm	Yoga	Mandi T.	Gentle – High Intensity	Northwest Family Y
FRIDAY				
5:45am	Les Mills Body Pump Express	Patty R. / Lynn K.	Gentle – High Intensity	East Area Family Y
8:30am	Forever Strong	Cindy P.	Gentle – Moderate	East Area Family Y
9:00am	Flex and Balance	Dixie G.	Gentle – Moderate	Northwest Family Y
10:30am (new time)	Les Mills Body Pump	Jill H.	Gentle – High Intensity	East Area Family Y
10:45am	Yoga	Sue M.	Gentle – High Intensity	Northwest Family Y
SATURDAY				
8:00am	BARRE	Jackie N.	Gentle – Moderate	East Area Family Y
9:00am	High Intensity Intervals	Cyndi P.	Gentle – High Intensity	East Area Family Y
SUNDAY				
9:30am	Les Mills Body Combat	Meredith A.	Gentle – High Intensity	East Area Family Y
10:30am	Yoga	Allison G.	Gentle – High Intensity	Northwest Family Y
10:30am	Les Mills Body PUMP	Lynn K.	Gentle – High Intensity	East Area Family Y

VIRTUAL Y LOG-IN PROCESS

STEP ONE:

Navigate to the Virtual Y: ymcacny.org/virtualy

STEP TWO:

Please click "Log In". When prompted, please sign in using your Daxko member username (email associated with your YMCA account) and password. The first time you log in, you will need to set your password. If you need help retrieving username or password, there are two methods: CONTACT US or DO IT YOURSELF.

CONTACT US: Contact your main branch or email virtual@ymcacny.org and request a password reset link be sent to you. Once you set your password, please return to ymcacny.org/virtualy to log in.

DO IT YOURSELF: If you are feeling computer savvy and would like to try on your own, please follow these steps to set your new password:

- Visit <https://ymcacny.org/myaccount>. Please enter the email associated with your YMCA account, and click "Submit."
- On the next screen, please click on the blue "Forgot Password" link.
- On the next screen, please click the blue link that says "Email me a password reset link." Please DO NOT select the one-time code option or click "Submit."
- Please check your email. If you do not see the email, please check your junk or spam folders. Follow the link in the email to set the new password.
- Once you set your new password, please return to ymcacny.org/virtualy to log in.

We recommend members bookmark the Virtual Y and save their username and password in their browser, or save this login information in a secure location.

STEP THREE:

Once logged in to the members only portion of the Virtual Y site, check out our current resources! To join a live event, simply select the class or meeting you would like to join under "Virtual Classes." You will be taken to a class description page with a "Join Meeting" button. Click this link a minute or two before class, and Zoom will launch from your browser. Class will begin once the instructor starts the meeting! Enjoy!

If you are new to Zoom, you will need to create an account and download the program. You can do so by visiting: <https://zoom.us/>