



# VIRTUAL Y CLASS SCHEDULE

UPDATED 5/3/2024

START TIME	CLASS	INSTRUCTOR	IMPACT LEVEL	STUDIO
<b>MONDAY</b>				
5:45am	Les Mills BODYPUMP	Jill H.	Low - Mid - High	East Area Family Y
7:30am	POUND	Rachele W.	Low - Mid	East Area Family Y
8:30am	Forever Fit	Genoa W.	Low - Mid	East Area Family Y
9:30am	Yoga	Kelly P.	Low - Mid	Northwest Family Y
9:30am	Les Mills BODYCOMBAT	Patty R.	Low - Mid - High	East Area Family Y
10:30am	Les Mills BODYPUMP	Jessica K.	Low - Mid - High	East Area Family Y
10:30am	Gentle Yoga	Sybil G.	Low - Mid	Northwest Family Y
11:30am	WERQ	Terri T.	Low - Mid - High	East Area Family Y
5:30pm	Les Mills BODYCOMBAT	David U.	Low - Mid - High	East Area Family Y
6:00pm	Power Yoga	Joan	Low - Mid - High	Northwest Family Y
6:30pm	Les Mills BODYPUMP	Colleen D.	Low - Mid - High	East Area Family Y
<b>TUESDAY</b>				
5:45am	Les Mills TONE	Patty R.	Low - Mid - High	East Area Family Y
7:30am	REFIT	Sally J.	Low - Mid - High	East Area Family Y
9:30am	Chair Yoga	MaryBeth L.	Low	Northwest Family Y
9:30am	STEP Fusion	Wendy J.	Low - Mid - High	East Area Family Y
10:30am	NIA	Kathleen C.	Low - Mid	East Area Family Y
10:45am	Gentle Yoga	Kelly P.	Low - Mid	Northwest Family Y
11:30am	BARRE	Kinyorda S.	Low - Mid	East Area Family Y
1:00pm	Chair Forever Fit	Dan G.	Low - Mid	East Area Family Y
4:30pm	Pilates	Colleen D.	Low - Mid - High	East Area Family Y
5:30pm	Strength & Cardio	Cindy P.	Low - Mid - High	East Area Family Y
<b>WEDNESDAY</b>				
5:45am	Les Mills BODYPUMP	Jill H.	Low - Mid - High	East Area Family Y
7:30am	Forever Fit	Genoa W.	Low - Mid	East Area Family Y
8:30am	POUND	Rachele W.	Low - Mid	East Area Family Y
9:30am	High Intensity Intervals	Cindy P.	Low - Mid - High	East Area Family Y
10:30am	Dance Fit	Kellie E.	Low - Mid - High	East Area Family Y
10:30am	Gentle Yoga	Sybil G.	Low - Mid	Northwest Family Y
11:30am	Chair Yoga	Paul F. / Patty R.	Low	East Area Family Y
1:00pm	Flex and Balance (Tai Chi for Arthritis)	Genoa W.	Low - Mid	East Area Family Y
5:30pm	Les Mills BODYCOMBAT	Meredith A.	Low - Mid - High	East Area Family Y
6:00pm	Power Yoga	Virginia M.	Low - Mid - High	Northwest Family Y
6:30pm	Les Mills BODYPUMP	Lynn K.	Low - Mid - High	East Area Family Y

**MORE CLASSES ARE LISTED ON THE BACK**

**YMCACNY.ORG/VIRTUALY**

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

START TIME	CLASS	INSTRUCTOR	IMPACT LEVEL	STUDIO
<b>THURSDAY</b>				
5:45am	High Intensity Intervals	Patty R.	Low – Mid – High	East Area Family Y
7:30am	Chair Yoga	Genoa W.	Low	East Area Family Y
8:30am	BARRE	Jackie N.	Low – Mid	East Area Family Y
9:30am	Les Mills BODYCOMBAT	Patty R.	Low – Mid – High	East Area Family Y
9:30am	Chair Yoga	MaryBeth L.	Low	Northwest Family Y
10:30am	Deep Stretch	Sally J.	Low	East Area Family Y
10:45am	Yoga	Kelly P.	Low – Mid	Northwest Family Y
11:30am	NIA	Kathleen C.	Low – Mid	East Area Family Y
1:00pm	Chair Forever Fit	Terri T.	Low – Mid	East Area Family Y
4:30pm	BARRE	Terri T.	Low – Mid	East Area Family Y
5:30pm	Les Mills TONE	Terri T.	Low – Mid – High	East Area Family Y
6:00pm	Yoga	Mandi T.	Low – Mid	Northwest Family Y
<b>FRIDAY</b>				
5:45am	Les Mills BODYPUMP	Patty R. / Lynn K.	Low – Mid – High	East Area Family Y
7:30am	Dance Fit	Sally J.	Low – Mid – High	East Area Family Y
8:30am	Forever Fit Plus	Cindy P.	Low – Mid	East Area Family Y
9:30am	Piloxing	Bryndie T.	Low – Mid – High	East Area Family Y
10:30am	Les Mills BODYPUMP	Rachele W.	Low – Mid – High	East Area Family Y
10:45am	Yoga	Sue M.	Low – Mid	Northwest Family Y
<b>SATURDAY</b>				
7:30am	Les Mills TONE	Rotation	Low – Mid – High	East Area Family Y
8:30am	BARRE	Jackie N.	Low – Mid	East Area Family Y
9:00am	Power Yoga	Joan D. / Virginia M.	Low – Mid – High	Northwest Family Y
9:30am	High Intensity Intervals	Cindy P.	Low – Mid – High	East Area Family Y
<b>SUNDAY</b>				
9:30am	Les Mills BODYCOMBAT	Meredith A.	Low – Mid – High	East Area Family Y
10:30am	Yoga	Allison M. / Debbie D.	Low – Mid	Northwest Family Y
10:30am	Les Mills BODYPUMP	Lynn K.	Low – Mid – High	East Area Family Y

## VIRTUAL Y LOG-IN PROCESS

### STEP ONE:

Navigate to the Virtual Y: [ymcacny.org/virtualy](https://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](mailto:virtual@ymcacny.org) and request a password reset link be sent to you. Once you set your password, please return to [ymcacny.org/virtualy](https://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](https://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/>