

WELCOME TO VIRTUAL Y!



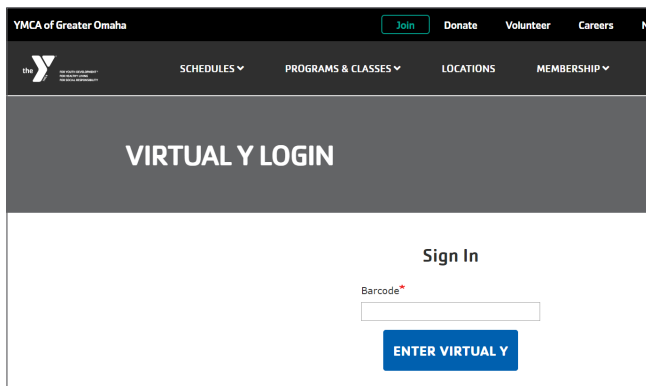
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

www.metroymca.org/virtual-y-login

>>> WELCOME TO OUR NEW VIRTUAL FITNESS EXPERIENCE!

Enjoy on-demand exercise classes with your favorite YMCA of Greater Omaha instructors, exclusively for Y members! Stay active at home and on your schedule. Virtual Y is FREE for current members to enjoy and explore.

Current classes include Balance & Strength, Yoga & Chair Yoga, SilverSneakers Circuit, Total Toning, HIIT, Lower Body & Core Strength, and MORE. New classes will be added weekly!

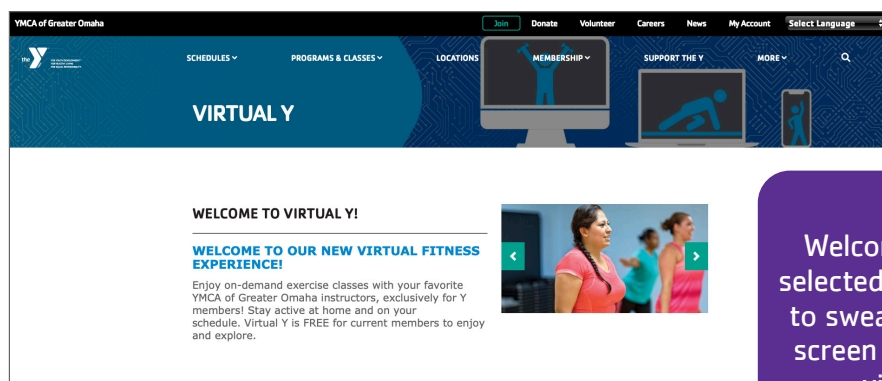


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To login, visit metroymca.org/virtual-y-login and enter your membership barcode in the field.

HELPFUL HINT!

You can find your barcode on your scan tag or in the YMCA app. If you cannot find your barcode, check with your YMCA Welcome Center.



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Welcome to Virtual Y! Click on your selected video to open it and get ready to sweat! You can make the video full screen by clicking on this icon on the video. Hit ESC to shrink it.



STAY ACTIVE > STAY HEALTHY > STAY CONNECTED