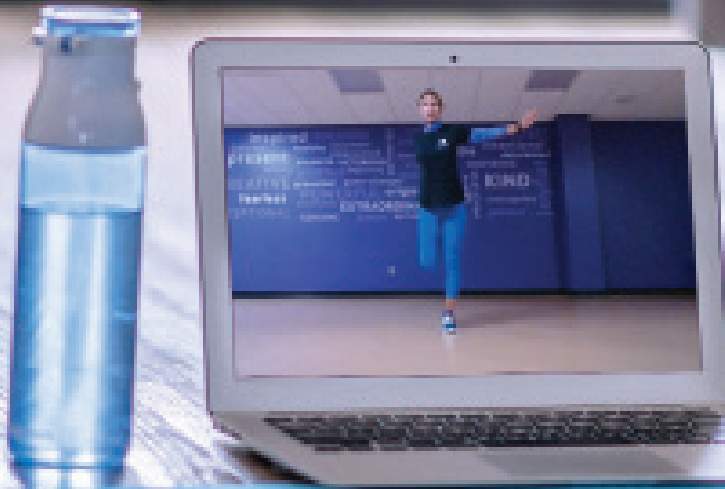


24/7 YWellness

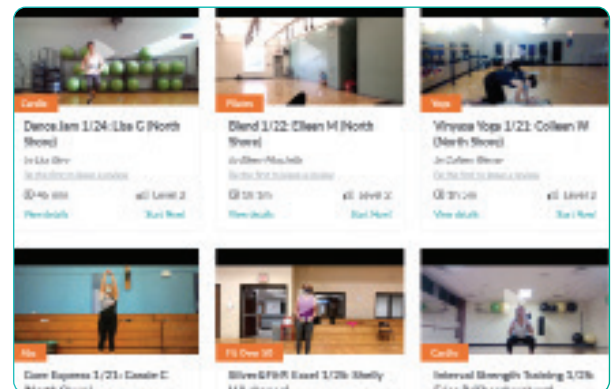
COMING
JANUARY 10, 2022



Y Wellness 24/7 provides live and on-demand classes in training, mindfulness, nutrition, and stress management for the entire family, provided in collaboration with YMCAs throughout the nation. The program allows YMCA members an opportunity to engage with top Y instructors at other Ys anytime, anywhere!

Virtual wellness anytime, anywhere.

- All your favorite classes, taught by YMCA instructors from across the nation, available 24/7.
- Easily set goals and stick with them!
- Personal account allows you to set your favorite classes and instructors to personalize your virtual experience.
- 100+ weekly classes in a variety of categories including cardio/endurance, strength/bodywork, dance, mind/body, senior/adapted and kids/family.



Available on our Mobile App Marion Family YMCA Connect

FREE to all members!
Must have valid Email on file with the Y.
Members receive an activation email.
Members also have access to all features from a desktop computer.
Stop by Member Service Center for more details.

