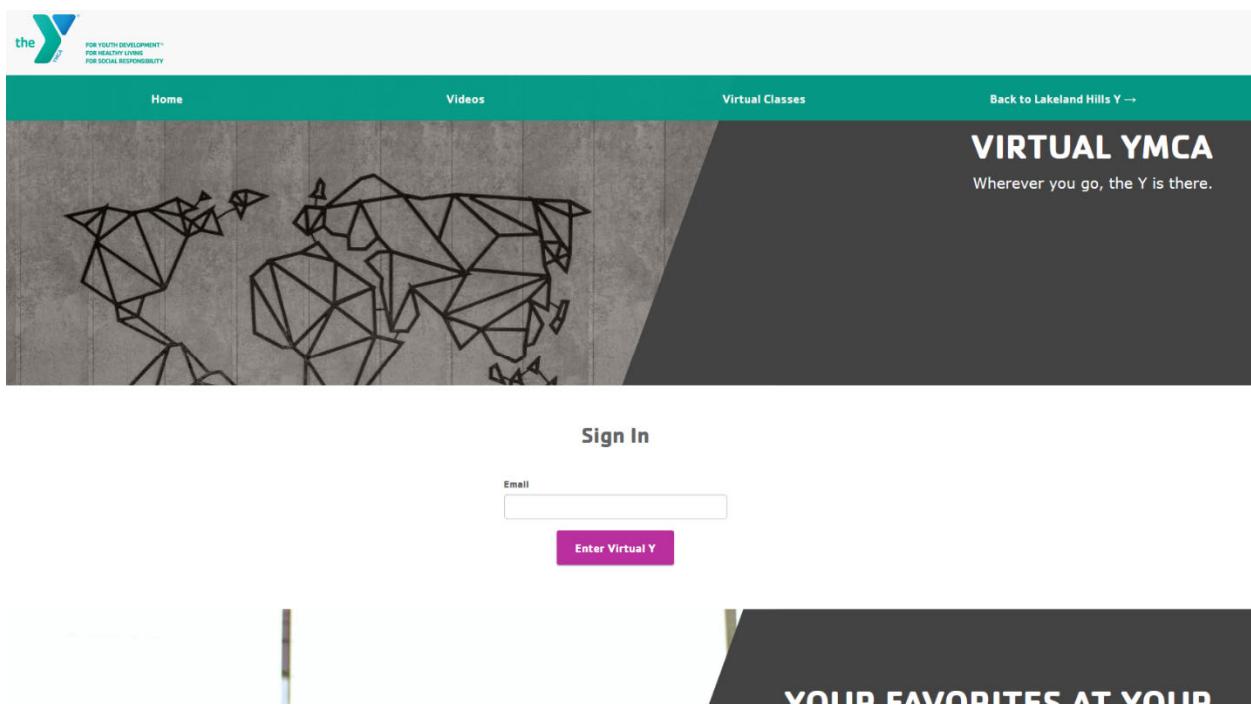


Using the Virtual Y

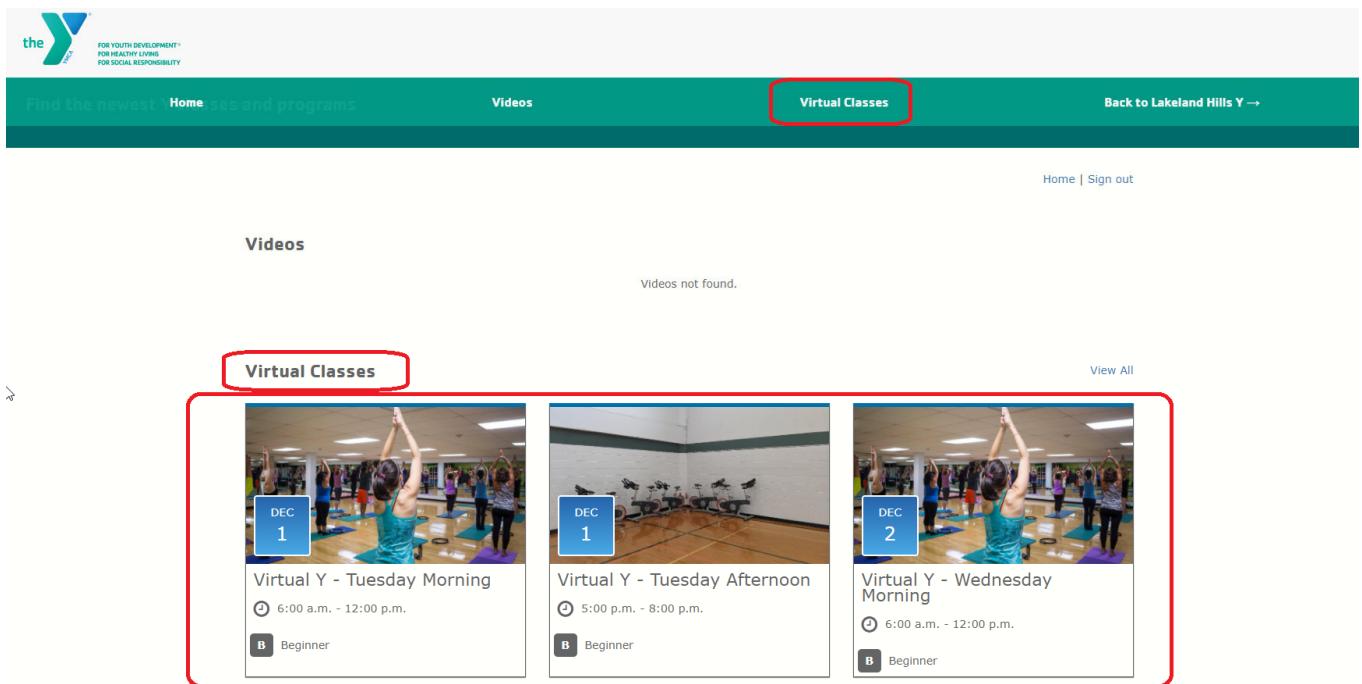
Go to www.lakelandhillsymca.com > click on Virtual Y.



You will be taken to a page to sign in. The Virtual Y is available to all active members. Your username is the email address we have on file.

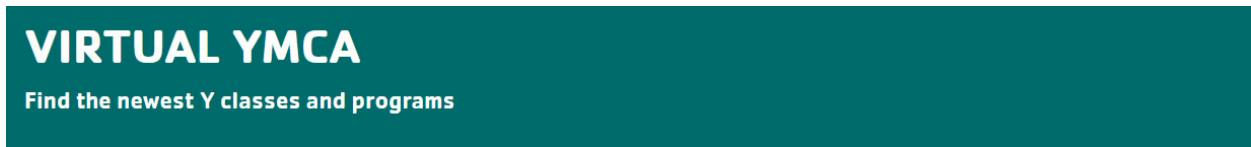


Once in, you will see our Virtual Classes:



The screenshot shows the Lakeland Hills YMCA website. At the top, there is a navigation bar with the YMCA logo, a search bar, and links for 'Home', 'Videos', 'Virtual Classes' (which is highlighted with a red box), and 'Back to Lakeland Hills Y →'. Below the navigation, there is a 'Home | Sign out' link. The main content area is titled 'Videos' and displays a message 'Videos not found.'. Below this, there is a section titled 'Virtual Classes' (also highlighted with a red box) which contains three class offerings: 'Virtual Y - Tuesday Morning' (December 1, 6:00 a.m. - 12:00 p.m., Beginner), 'Virtual Y - Tuesday Afternoon' (December 1, 5:00 p.m. - 8:00 p.m., Beginner), and 'Virtual Y - Wednesday Morning' (December 2, 6:00 a.m. - 12:00 p.m., Beginner). A 'View All' link is located at the top right of this section.

These links will take you to a Zoom invitation page.



The screenshot shows the Virtual YMCA website. The main heading is 'VIRTUAL YMCA' and the sub-heading is 'Find the newest Y classes and programs'. Below this, there is a large image of a yoga class in progress. Overlaid on the image is a red box containing the text 'VIRTUAL Y - TUESDAY MORNING'.



Fill out your information on the bottom, click on “Register,” and you’re all set!

Meeting Registration



Topic Virtual Y - Tuesday Morning

Description Spin | 6:00am - 6:45am
Spin | 8:00am - 8:45am
Age-Defying Fitness | 9:00am - 9:45am
Zumba | 10:00am - 10:45am
Yoga | 11:00am - 12:00pm

Time Dec 1, 2020 06:00 AM
Dec 8, 2020 06:00 AM
Dec 15, 2020 06:00 AM
Dec 22, 2020 06:00 AM
Dec 29, 2020 06:00 AM
Jan 5, 2021 06:00 AM



Time shows in [Eastern Time \(US and Canada\)](#)

First Name*

Last Name*

Email Address*

Confirm Email Address*

* Required information

Register