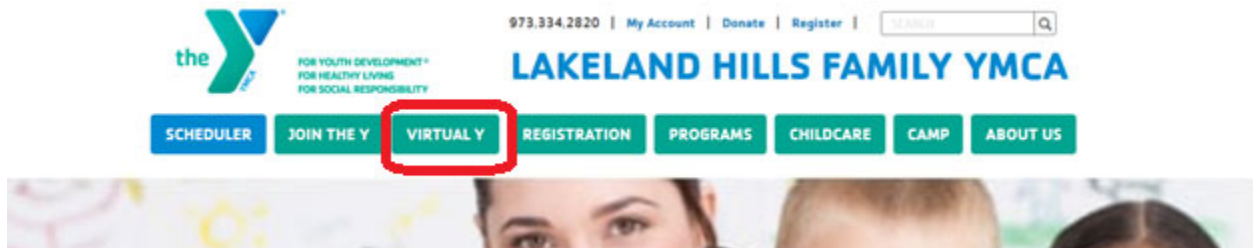
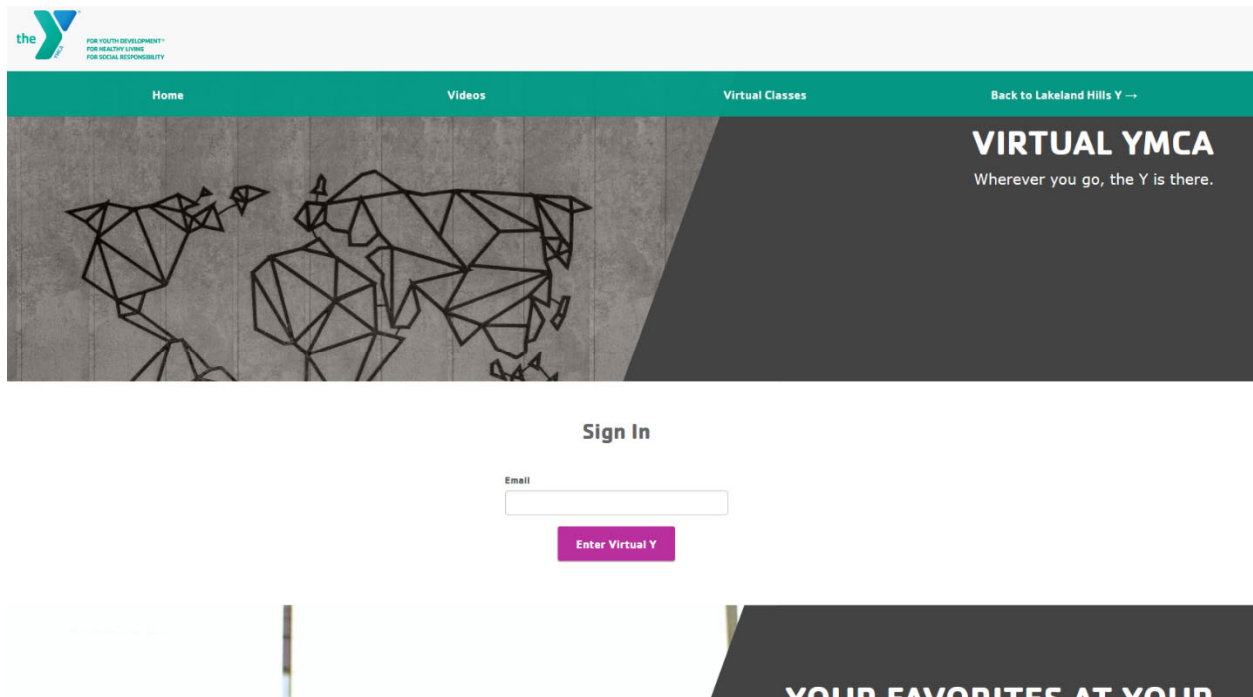


Using the Virtual Y

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:



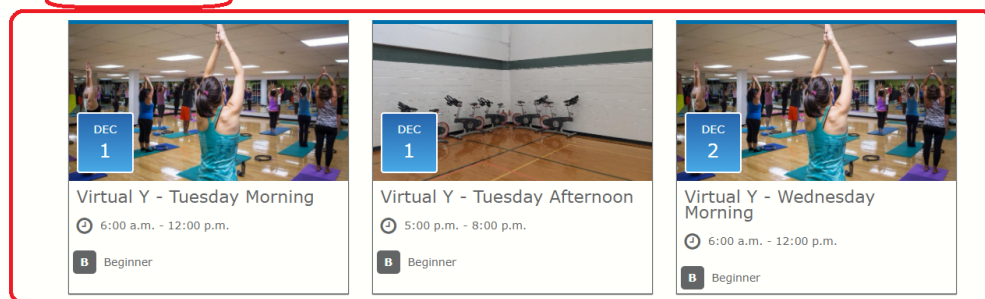
[Home](#) | [Sign out](#)

Videos

Videos not found.

Virtual Classes

[View All](#)



These links will take you to a Zoom invitation page.

VIRTUAL YMCA

Find the newest Y classes and programs



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	<div>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</div> <div>Time shows in Eastern Time (US and Canada)</div>

First Name*

Last Name*

Email Address*

Confirm Email Address*

* Required information

Register