



# VIRTUAL Y

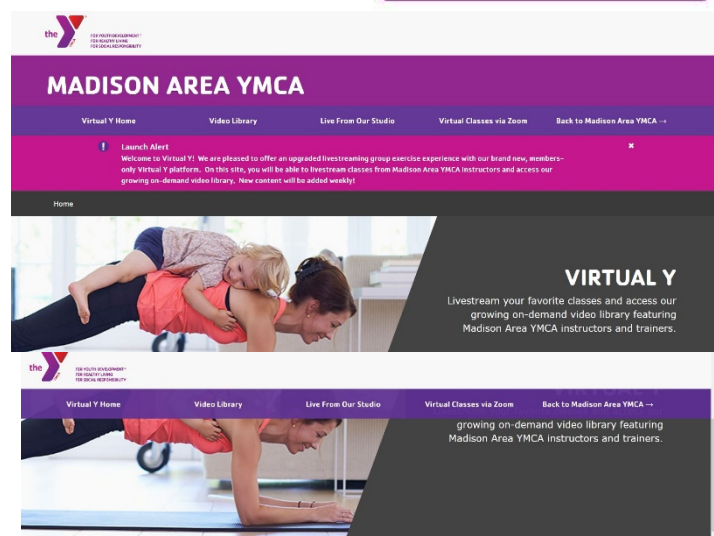
Wherever you go,  
the Y is there.

## Welcome to Madison Area YMCA's Virtual Y! Let's get started!

1. Click on the button "Access Virtual Y Click here" on the Y's website:

ACCESS VIRTUAL Y  
CLICK HERE

2. Welcome to the Virtual Y page!  
Here you can livestream your favorite classes and access our growing on-demand video library featuring Madison Area YMCA instructors and trainers.

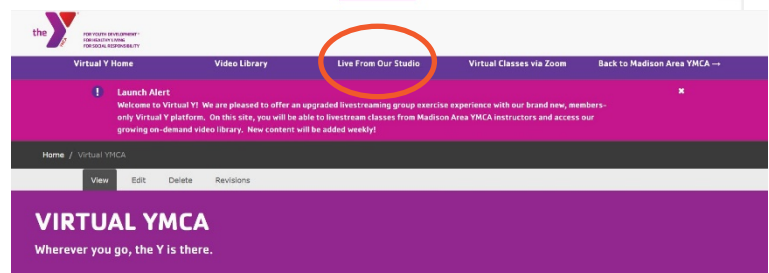


3. Scroll down to log in.

Sign In

Enter Virtual Y

4. Click on "Live from Our Studio" on the top ribbon to get started.



5. Scroll down and find your class time to launch the livestreaming video. That's it! Enjoy your class!

Live From Our Studio

January 21, Thursday

**ZUMBA**

JAN 21

Zumba

9:00 a.m. - 9:45 a.m.

All levels

**Chair Yoga**

JAN 21

Chair Yoga

11:00 a.m. - 11:45 a.m.

Beginner

**LES MILLS BODYPUMP**

JAN 21

BODYPUMP

1:00 p.m. - 1:45 p.m.

All levels