



The YMCA is now open! We invite you to visit your local YMCA to swim or take a group exercise class or workout in the wellness center if you are ready. The great news is that you can continue using our [VIRTUAL YMCA](#) as well. Our goal is to continue to provide NEW group exercise classes each week featuring your favorite YMCA branch instructor on our FACEBOOK page as well as the other virtual events, programs and classes.

* **LES MILLS ON DEMAND** - If you are interested in continuing to use this platform after May 31, 2020, please know there will be a fee from Les Mills On Demand to Y members of \$9.99 per month.

As always, please feel free to call your local Y branch or email us at info@suncoastymca.org if you have any questions, comments or need assistance with making reservations or accessing our virtual classes



IMPORTANT REMINDER

Have you participated in at least 10 classes or activities this month so you can get entered into our monthly Senior Punch Pass drawing? If not, you have time this week to complete your card! Please remember to log into our [VIRTUAL CHECK IN](#) to record your activities.



EVEN MORE FROM YOUR VIRTUAL YMCA MEMBERSHIP:

If you haven't had the opportunity to explore all that is available to you, here are some of the highlights to check out this week!

- [MEMBERS-ONLY page](#) where members can go and explore programs only available with a YMCA of the Suncoast membership. Programs include: Lunch & Learns, Challenges, weight loss and more!
- **FRESH NEW WORKOUTS** posted our [FACEBOOK](#) page featuring your favorite local YMCA group exercise instructors!
- **Les Mills On Demand** "FULL ACCESS" subscription with classes like: Body Pump, Body Combat, Body Flow, RPM and so much more!*
- **YMCA 360** - Join a group exercise class led by a Y instructor from across the YMCA movement!
- **Silver Sneakers On Demand** - All of your favorite Silver Sneakers classes are here and available on your time!
- And so much **MORE!**

**Starting June 1st, Les Mills on Demand will be available to YMCA members for \$9.99 a month. Subscription will be an agreement with Les Mills directly.*

Thank you so much for **Staying With Us** and for participating in our classes and activities. We do want to hear from you if there is something you want us to offer. Our goal is to serve you and keep you active and engaged!

Be well and stay safe,

Shannon Sprowls	Randy Nilsson
Vice President of	& Vice President of
Healthy Living	Membership & Corporate Partners

YMCA OF THE SUNCOAST

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