



YMCA@HOME

TRACK YOUR WORKOUTS

The Y cares about your health and well-being, especially in times like this. That's why we launched **YMCA @ Home**, where we bring the Y to you. We are working with United Healthcare to ensure you continue to stay active while our doors are temporarily closed. United Healthcare will reimburse the Y for your participation in our virtual classes. All you need to do is visit us regularly online and log your activity. You can choose from hundreds of fitness videos on our website or live classes in our "Stronger Together" Facebook Group. As a member of the Y, you are part of our mission to strengthen our community. Logging your activity will help us operate the Y and emergency services until we can welcome you back into our facilities.



How to Track Your Workouts

Step 1

Visit ymcali.org/at-home and click on **Track My Workout**.

Step 2

Complete activity log with your member information and the dates that you exercised.

Step 3

Click Submit. Repeat each week.
It's a win-win situation!

855-2YMCALI

Visit: ymcali.org/at-home

NEED HELP?

Email us:

Membership@ymcali.org