



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATION SUPPORT SUCCESS

Virtual Classes for all ages and abilities.

Weekly we share links from the following affiliates on [Facebook@bbjymca.org](https://www.facebook.com/bbjymca.org). For more workouts explore their individual sites.



YMCA

<https://www.youtube.com/user/ymca>

Strong and Lean

<https://www.facebook.com/groups/431378337064545>

MOSSA

www.mossamove.net/browse

Y360

<https://ymca360.org/#/>

https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A

SilverSneakers

On Demand: <https://www.silversneakers.com/learn/ondemand/>

GO: download the app on your mobile device

<https://www.youtube.com/user/TheSilverSneakers>

Silver&Fit:

[facebook.com/SilverandFit](https://www.facebook.com/SilverandFit) or [youtube.com/user/silverandfit](https://www.youtube.com/user/silverandfit)

Mon: low impact cardio

Tues: easy going yoga

Wed: body weight exercise

Thurs: balance and flexibility

Fri: Friday mixer (combination of popular moves of the week)



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