



Virtual Y

VALLEY
OF THE SUN
YMCA



WELCOME TO THE NEW VIRTUAL Y

We are excited to launch our new, member only Virtual Y platform! You'll find a host of resources to help you through your health and wellness journey; from daily live workouts to on-demand videos, we've got you covered. As our catalog of workouts and resources continues to grow, we hope you will find something tailored to you.

What's New?

Workout With Us Live on Zoom

Your workout just got a virtual makeover. We are bringing you Valley of the Sun YMCA fitness classes — live streamed through Zoom. Join your favorite instructors and your fellow members for classes like Yoga and HIIT.

- **Upcoming Live Class Schedule:**
 - Monday – 6:30a- Cycle, Deb
 - Tuesday – 8:30a – GX 45, Jackie
 - Wednesday – 9:30a – Strength, Sharon
 - Thursday – GX 45, Jackie
 - Friday – 8:30a – Yoga, Shauna

Workout With Your YMCA On Demand

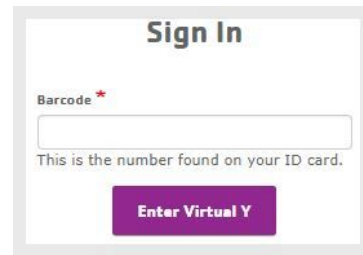
The Valley of the Sun YMCA team is continuing to work behind the scenes to develop an extensive library of your favorite fitness classes from the instructors you know and love. And there's more to come, so make sure to check back.

How to access the new Virtual Y site.

STEP 1: Visit vosymca.y.org or click the Virtual Y tile on the VOSY app.

STEP 2: Enter your barcode in the "Sign In" box

Your personal barcode number is:
1000016957



The image shows a 'Sign In' form with a title 'Sign In' at the top. Below the title is a label 'Barcode *' next to an empty input field. Underneath the input field is a note: 'This is the number found on your ID card.' At the bottom of the form is a purple button with the text 'Enter Virtual Y'.

STEP 3: Enjoy a live class or on demand workout! Don't forget to log your daily workouts [HERE](#).

Unable to find your barcode? Please email us at Membership@vosymca.org.

Still have questions? Check out our Virtual Y FAQ below.

[VIRTUAL Y FAQ](#)

We would love your feedback on content you would like to see in the future.

[VIRTUAL Y FEEDBACK](#)

Valley of the Sun YMCA