



# INFO, CLASSES & WORKOUTS AT YOUR FINGER TIPS

## MIND & BODY:

- ◆ BEGINNER PILATES
- ◆ MAT PILATES
- ◆ PILATES TUTORIALS
- ◆ PILATES WITH PROPS
- ◆ BEGINNER YOGA
- ◆ CHAIR YOGA
- ◆ GENTLE YOGA
- ◆ INTERMEDIATE YOGA
- ◆ MOMMY YOGA
- ◆ POWER YOGA
- ◆ YOGA FUSION
- ◆ YOGA TUTORIALS
- ◆ GUIDED MEDITATION
- ◆ TAI CHI PRACTICES
- ◆ MIND MATTERS

## WELLNESS RX:

- ◆ CANCER SUPPORT
- ◆ HEALTHY EATING
- ◆ HEART HEALTH
- ◆ PARKINSON'S SUPPORT
- ◆ WELLNESS REBOOT

## Y ARTS:

- ◆ CULINARY ARTS
- ◆ GRAPHIC ARTS
- ◆ PERFORMING ARTS
- ◆ VISUAL ARTS

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## CARDIO/STRENGTH:

- ◆ BARRE
- ◆ BODY BLITZ
- ◆ BOOTCAMP
- ◆ CIRCUIT
- ◆ CORE CIRCUIT
- ◆ CORE CONDITIONING
- ◆ CYCLE
- ◆ FIERCE
- ◆ HIIT
- ◆ MUSCLE PUMP
- ◆ STRENGTH TRAINING
- ◆ Y BOX
- ◆ WATER FITNESS

## YOUTH SPORTS:

- ◆ AQUATICS
- ◆ BASKETBALL
- ◆ FOOTBALL
- ◆ GYMNASTICS
- ◆ CHEER
- ◆ POWER SPORTS
- ◆ SOCCER
- ◆ SPORTS NUTRITION

## BOOMERS & BEYOND:

- ◆ SILVER CARDIO
- ◆ SILVER CIRCUIT
- ◆ SILVER COMBO
- ◆ SILVER STRETCH
- ◆ SILVER TUTORIAL
- ◆ WATER FITNESS
- ◆ BOOMER BOOTCAMP
- ◆ BOOMER STRENGTH

## BASICS:

- ◆ FITNESS FAQ
- ◆ PERSONAL TRAINING
- ◆ RECOVERY
- ◆ WEIGHT LIFTING

## DANCE & STEP:

- ◆ BELLY DANCING
- ◆ CARDIO DANCE
- ◆ HIP HOP
- ◆ LATIN DANCE STEP

## KIDS ACTIVITIES:

- ◆ CAMP
- ◆ E-SPORTS
- ◆ FAMILY NUTRITION
- ◆ FUN FIT
- ◆ KIDS YOGA
- ◆ S.T.E.M. ACTIVITIES

ON DEMAND.  
ANYTIME. ANYWHERE.





# IT'S HERE...

## DISCOVER THE VALUE

### WHAT IS Y360?

Y360 is an on-demand video platform via computer, tablet, ROKU, Apple TV and mobile app. See the reverse side for the VAST array of info, class and workout options.

### WHO IS Y360 FOR?

Y360 is **really** for **anyone**:

- Individuals who can't come or get to The Y
- Y Members who want to expand their wellness options
- Parents who want more for their kids to do in the convenience of their own home
- Families looking for new, fun activities they can do together

### HOW DO I ACCESS Y360?

To log into the ymca360.org website and tv app, you must know your email associated with your membership (see below membership section). You will simply click the login button, enter your email address and zip code, and select "Oneonta Family YMCA." Once you complete this step, you will receive an email with a 6 digit passcode, which you will enter to gain access. To log into the mobile app, enter the email and password you use for the oneontaymca.org website. This email will be the same as the email you use for ymca360.org and the tv app.

### HOW MUCH DOES Y360 COST?

**GREAT NEWS, YOU HAVE TWO OPTIONS!**

- Y360 is a **FREE ADDED VALUE** to "yearly" Adult, Family, Couples, Senior, Senior Couple and Young Adult memberships
- Y360+ is \$9.99/month or just \$99 when you pay for the year. **You get 12 months for the price of 10!** Y360+ includes all-access to the complete Y360 platform PLUS one visit each month to enjoy our YMCA facility. *This is a particularly convenient option for those living in rural areas or those on the go.*



**BOOMERS**  
&  
**BEYOND**

**FITNESS**  
» **FIRST**

**Kids**  
**FAMILY**