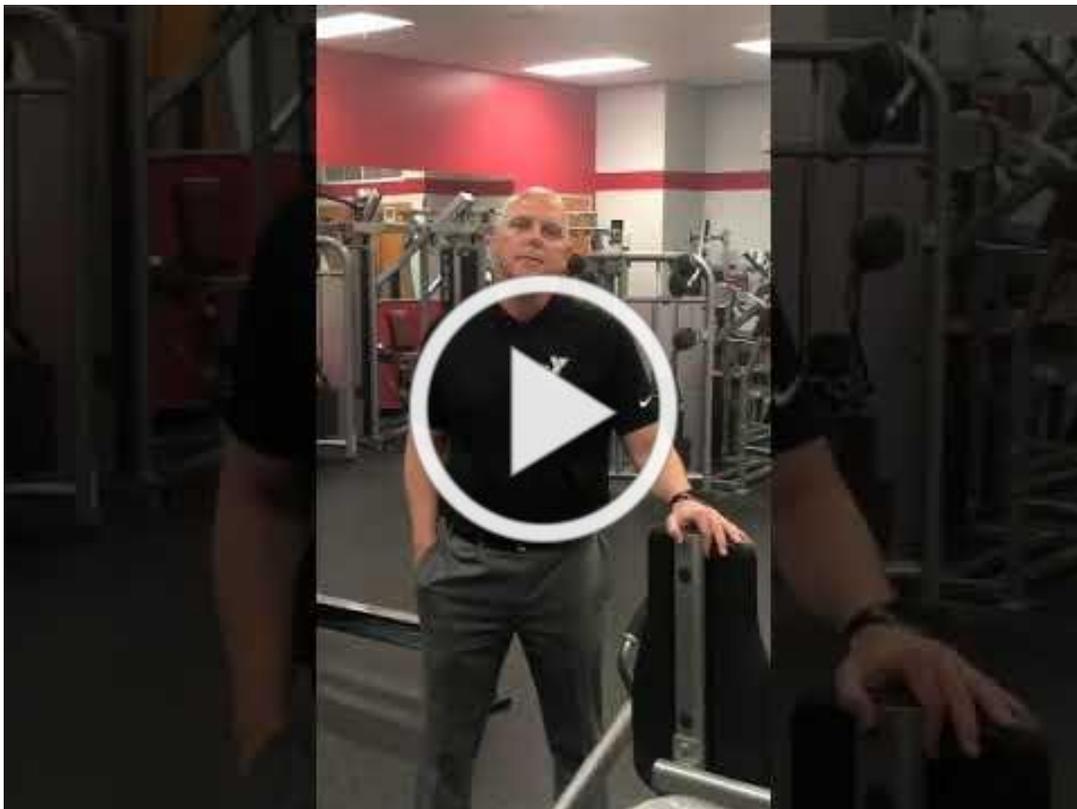




**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA of the Capital Area Newsletter - Y Connection April 2020

A MESSAGE FROM OUR CEO



NEW VIRTUAL RESOURCES

Our Y team has worked hard to provide virtual resources for our members. We have also partnered with YMCAs across the country to provide additional virtual resources needed at this time. Please take advantage of these free resources and continue to check our website for updates.

MOBILE APP

We have been working hard for months on our new app and though we were not supposed to



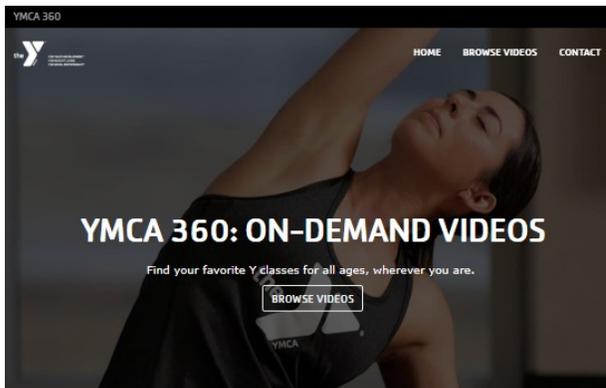
launch it for another month, we felt it was a needed resource at this time. Please continue to check the app and watch for updates. We are working hard to provide additional resources.

The mobile app features workout tracking, challenges, connections to wearables and more.

Congrats to the top 10 leaders in our app fitness challenge: Rebecca V., Christine P., Nick V., Joni R., Lorie B., Lori F., Deanna M., Melissa K., Kristina S. and Leslie D.

Download the app from the app store by searching for "YMCA of the Capital Area".

Y360



The Y continues to be your support for health and well-being, wherever you are. Regular exercise is one component of a healthy lifestyle that can help reduce stress and prevent illness.

We have a variety of at-home exercise options for members to use called **YMCA 360**.

You can take group exercise classes for all ages right in your own home at no charge! There are also sports classes and more for our young people.

VIRTUAL YMCA

We have produced and gathered many virtual resources to keep you active, healthy and connected. Visit our **virtual YMCA** website page for links to additional group exercise classes, virtual race series, activities for kids and families, health and nutrition information and more.



What a difficult time this has been. As an organization that brings people together, it is hard when you have to stay apart. We love our members and our community and we miss you! We will continue to work on creative ways to serve you in spirit, mind and body, through our virtual YMCA. Thanks for sticking with us. We look forward to seeing everyone gathering in the lobby and socializing with Y friends. [#StickWithTheY](#)

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