

A NEW 'HOW' FROM THE Y!

LEARN MORE



<https://qrco.de/vyb2b>

Virtual Y makes it easy for anybody to stay active and relieve stress, no matter where they are.



70+ Categories

Stream the most extensive library of 4K Ultra HD YMCA Fitness and Wellbeing classes in the country.



100+ Weekly Videos

We constantly add new on-demand classes to our growing library of 5,000+ videos.



60+ Weekly Live Streams

We offer daily live streams to help you stay connected to your favorite classes, instructors, and friends.



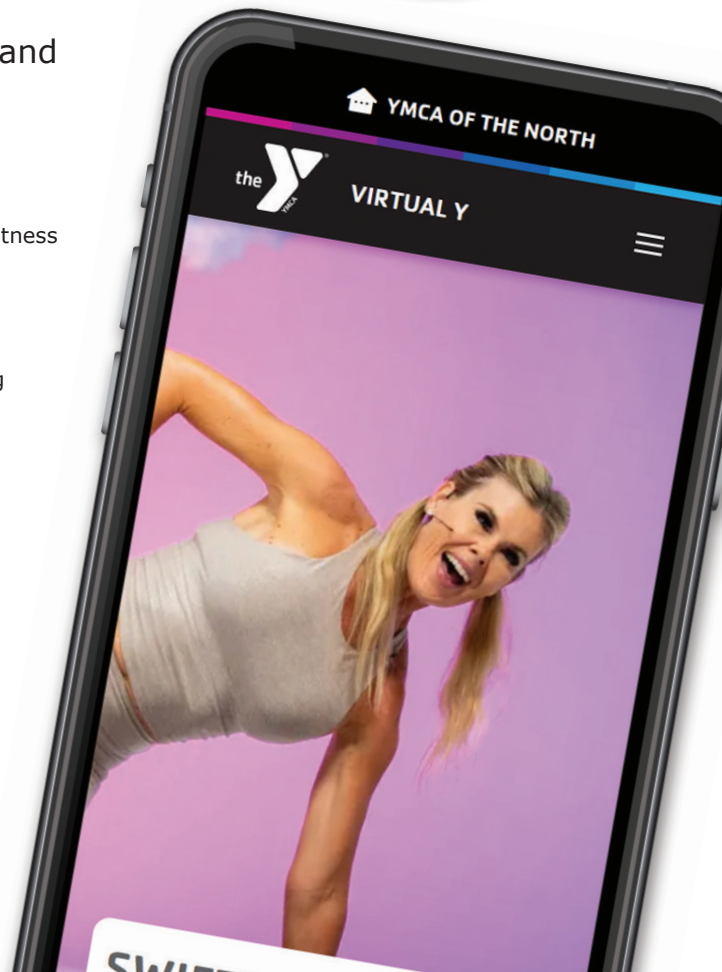
Unlimited Favorites

Save your favorite live streams, videos, instructors, categories, and durations for easy access.



Premium Content Series

We regularly craft themed series and artist spotlights to motivate and engage our audiences.



YMCA OF THE NORTH

ymcanorth.org/virtual

The YMCA is a 501(c)(3) not-for-profit social services organization.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Good for Business

With an ever-growing health and wellbeing content library from a trusted brand, Virtual Y is an excellent addition to any benefits package.

Personal Value

Give your people a premium digital experience from a trusted brand with a 150-year wellbeing legacy.

Workplace Value

Virtual Y provides activities and information to encourage healthy living – in spirit, mind, and body.

Organizational Value

Virtual Y is a budget-friendly way to invest in the health and wellbeing of your most valuable asset, your people.

A New Approach

All Virtual Y experiences are grounded in the Five Dimensions of Wellbeing.



Nourish

Food is fundamental for physical and mental health.



Move

Moving matters for a strong spirit, mind, and body.



Reflect

Pausing to reflect helps us to connect with ourselves and our values.



Connect

Connection with others is essential for our wellbeing.



Restore

Creating balance in our lives helps us to recharge and thrive.

Pricing

Virtual Y is an affordable option from a world-leading brand.

SETUP FEE	MONTHLY FEE			
One-Time	< 100	100-500	501-1,000	> 1,000
\$3,000	\$4.50/user	\$4.00/user	\$3.50/user	\$3.00/user

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