



STAY CONNECTED ONLINE ANYTIME

VIRTUAL Y HUB TIPS

WATCH THIS 5-MINUTE VIDEO TO USE THE SITE WITH EASE!

GETTING STARTED

- Find the VIRTUAL HUB link under QUICK LINKS: eugeneymca.org
- It takes you to this page: eugeneymca.y.org
- Enter your Membership barcode number from your member card or key card
- Access hundreds of recorded fitness classes, schedule your live Zoom classes and find a series of cooking classes!



COMMONLY ASKED QUESTIONS & ANSWERS

How do I navigate the site?

• Class Recordings

Find all of our previous live classes whenever your schedule allows! Class categories include: Barre, Boot Camp, Pilates, Hatha Yoga, Low Impact Aerobics, Chair Fitness, Basic Strength, Mix-It, Gentle Yoga, Yin-Yoga, Core Yoga, Flow Yoga, Guided Meditation & Mindfulness and Cooking.

• Live Virtual Classes

Log onto a live Zoom class and see the schedule for future classes! From a class page, add a calendar reminder for classes you want to attend live.

• More to Explore

Find recordings of older classes available in person but not available live due to music licensing! Find the Virtual Group Exercise Waiver here also.

Which is the best Web browser?

All browsers should work. Update your browser if it is outdated to avoid any issues.

Which devices can access the Y Virtual Hub?

All devices! Join us on your phone, tablet, laptop and computer. All you need is Internet access.

Should I sign out?

You are welcome to sign out after your visit, or you account will automatically sign you out after 12 hours.

Why are some of our earlier recorded classes missing?

We loaded as much previous content as we felt was worth the large amount of time it takes to do so. Some older classes were left out due to music licensing issues. We continue to add classes each week.