

VIRTUAL Y YMCA OF GREENVILLE



WELCOME GUIDE

We're excited to introduce the YMCA of Greenville Virtual Y platform! Think of it as an extension of your membership* – giving you options to stay connected at home or on-the-road when you can't make it to your home Y branch. The Virtual Y platform gives you access to on-demand workouts, and exclusive content specially created for you by our team of YMCA professionals. This added membership value is available to you 24/7, and you can access the Virtual Y from your phone, tablet, or home computer – all you need is internet!

Download our free Virtual Y app for easy access, and to get notifications!



ON-DEMAND WORKOUTS

Want to enjoy your favorite workout class when you're out of town? Or maybe try out a new class format in the comfort of your own living room? Our On-Demand Class Library is available to you anytime, anywhere.

EXERCISE TUTORIALS

Watch our YMCA trainers as they walk you through proper technique for a variety of different exercises. You can even watch playlists specially curated for upper body, lower body, and core strength. You'll also see modifications for each exercise, making the Exercise Tutorials a great resource for people of all ages, and experience levels. These videos will also help get you familiar with some of the equipment you'll have access to at your home YMCA of Greenville branch location.



Scan here to download the YMCA of Greenville Virtual Y app, where you'll be able to connect to the Virtual Y platform, see group exercise schedules, register for programs, and so much more! You can also visit ymcagreenville.org to access the Virtual Y platform.

*SilverSneakers, Silver&Fit, and Renew Active members do not have access to the Virtual Y platform.

YMCA OF GREENVILLE

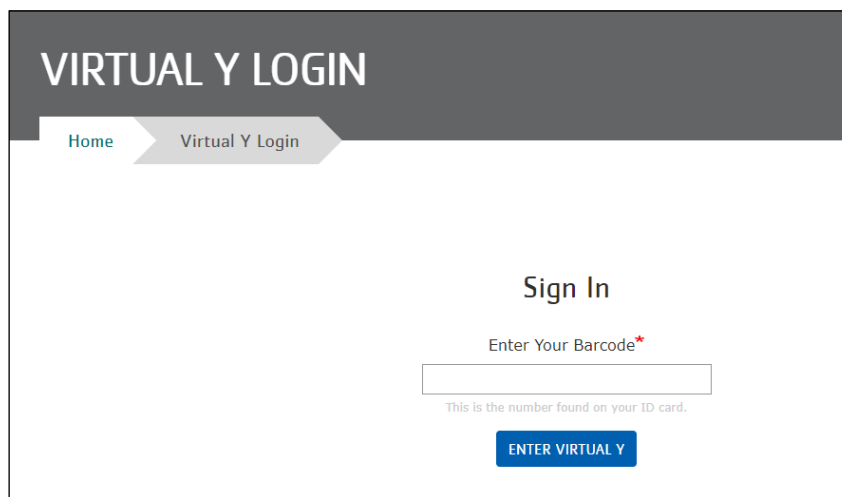

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Our Mission: Following the example of Christ, we build healthy spirit, mind and body for all.

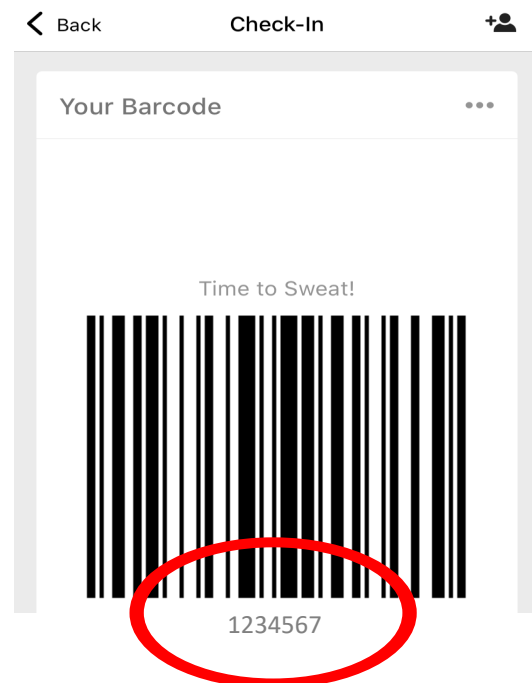
ACCESSING THE VIRTUAL Y PLATFORM

YMCA of Greenville branch & PATH memberships* have the added benefit of our Virtual Y platform—an online resource with on-demand classes, exercise tutorials, and more—at your fingertips, 24/7! To access the Virtual Y, **visit ymcagreenville.org**, or download the **YMCA of Greenville Virtual Y app** from your app store, then follow these instructions to log in:

Visit ymcagreenville.org or use the button in our app to open the login screen, and enter your membership barcode number.



Your barcode number can be found on the back of your YMCA of Greenville keyfob, or in your YMCA of Greenville Virtual Y app (if you have stored it in your app account). You can also find it by logging into your YMCA of Greenville account portal, and choosing “View Account” under the “My Account” drop-down menu. The same scan-in barcode number you use to check in at the Y is the same number you’ll need to log in to the Virtual Y platform.



We hope you enjoy your Virtual Y experience! Please contact a member of our staff team for help, or if you have questions.

*SilverSneakers, Silver&Fit and Renew Active members do not have access to the Virtual Y portal.