

Your Virtual YMCA is Here

YMCA of Central Ohio

Thu, Mar 19, 2020 at 7:00 PM

Stay Connected With Us From Home.

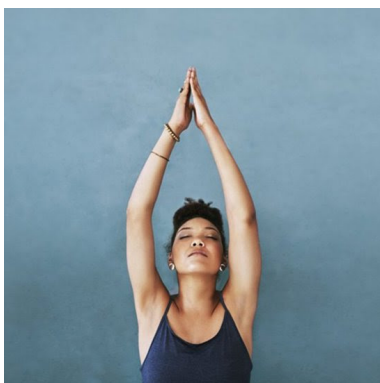


Welcome to Your Virtual YMCA

We are excited to introduce your Virtual YMCA, which offers:

- Guided Workouts
- Activities for Kids
- A New Fitness Challenge
- Member Updates

...all accessible from the comfort of your own home! It's everything you love about your Y, on-demand.



**FREE Virtual
Fitness Classes**



**Kids & Family
Resources**



**Member Updates &
Info**

We hope you take advantage of these new resources and that they will allow you to keep moving and growing stronger in mind, body, and spirit.

Check back regularly; more resources will be added.

Your Virtual YMCA awaits



FREE Sign Up



Download our free [mobile app](#).

YMCA OF CENTRAL OHIO

40 W. Long St. | Columbus, OH 43215

We'd like to communicate with you in ways that work for you.