



VIRTUAL Y

A NEW YMCA WELL-BEING EXPERIENCE

WHAT IS VIRTUAL Y?

The University of Minnesota-Rochester has partnered with the YMCA of the North-Rochester to offer Virtual-Y to support student health and well-being for the 2023-2024 academic year. Virtual Y is our first-ever Virtual YMCA. This members-only experience for group fitness and well-being is filmed LIVE from our Virtual Studio to stream anywhere. Virtual Y offers 30-40 classes a week, an ever-growing and on-demand video library, and a schedule of Virtual Meetings from YMCA expert instructors.

WHAT CLASSES ARE OFFERED ON VIRTUAL Y?

Currently Virtual Y is offering a catalog of fitness videos including Strength, Bootcamp, Yoga, Barre Fusion, Pilates, and Senior Fitness. We also include meditations, yoga practice, and more. Our catalogue of videos will be updated weekly with new, fresh content. In addition we will be offering up to 6 LIVE classes daily.

HOW DO I ACCESS VIRTUAL Y?

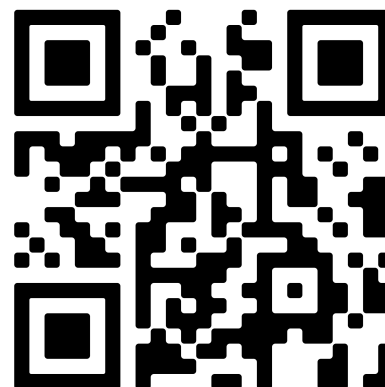
UMR students are able to complete workouts from their mobile phone, tablet, or laptop and even cast them to view on their large screen TVs at home. Please use Safari, Google Chrome, Firefox web browsers. Scan the QR code to get started!

How to register for Virtual Y Membership:

1. Click the [Link to Register for YMCA Virtual Y Membership](#) or scan the QR code below
2. Click Register
3. Login to the YMCA website
 - A. Users can Click Find Username or Click Forgot Password, if needed
 - B. Or if it's the first time logging in, users can create an Account
4. Once logged in – continue through enrollment workflow to register

How to Login to Virtual Y Membership:

1. Visit the YMCA of the North webpage -<https://www.ymcanorth.org/>
2. Click on Virtual Y top banner
3. Click on Login
4. Use the same Login as previously created to register
5. You are now logged in and may view Virtual Y content





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CAN I CAST VIRTUAL Y LIVE STREAMS AND ON-DEMAND VIDEOS TO MY TV?

Yes, you can! Click the small screen with an arrow icon to cast to any TV with casting options or any casting device like Apple TV, Chromecast, Amazon Fire Stick, or Roku.

WHERE CAN I FIND A SCHEDULE OF UPCOMING CLASSES?

Virtual Y members can view our upcoming classes inside Virtual Y by clicking the "View More" link at the top-right side of the Live Streams section.

PROGRAM ACCESS

The Y is committed providing equal access to its programs, facilities, and enjoyment without regard to race, ability, creed, national origin and sex. We celebrate the presence of differences that make each person unique. We intentionally engage and develop all members of the Y community. And we strive to connect and serve populations at home and around the world.

The Y will make reasonable accommodations whenever possible to meet special needs. Please inform us during the enrollment process if you or a family member requires any special accommodation.

Experiencing issues with your Virtual-Y registration?

Contact YMCA of the North Customer Service Center at **612-230-9622** or email, online chat or submit a webform and a YMCA of the North Customer Service Agent will assist you.

