

YWELLNESS247.org



Virtual wellness anytime, anywhere



Congratulations on joining the Winter STREAK!

THE YMCA OF THE ROSES aims to support you on your wellness journey.

Please enjoy a 3 month FREE membership to our virtual platform , Y Wellness 24/7. Membership grants you access to more than 140 weekly live classes and 1,000s of classes on-demand led by 120 nurturing and motivating Y instructors from 50 YMCA associations.

Class options include cycling, strength training, Tai Chi, dance jam, cardio sculpt, core works, bootcamp, yoga and pilates. Plus, over 20 active older adult classes per week such as ZUMBA GOLD, Better Balance, Senior Circuit, chair yoga, SilverSneakers and more!



Registration is easy!

Go to: www.ywellness247.org

Choose "Get Started" in the top navigation.

Complete the registration information.

YMCA keycode: WINTER STREAK

YMCA Location: YMCA of York and York County

YMCA OF THE ROSES

A new merger of the YMCA of York and York County and the Lancaster Family YMCA

Questions? Email

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www.rosesymca.org