

## Welcome to your new Wayne County YMCA Y Wellness 24/7 (A Virtual Fitness)

Join our Y members along with 26 other Ys members for this virtual platform offering over 120 classes per week from beginner to advanced fitness, yoga, strength and more. Although you won't see our instructors yet we hope to have our classes on in the future. We may even schedule a virtual class in the gym for our members to try with one of our instructors taking the class. Let us know if you would be interested in doing this!

As a member of the Wayne County YMCA this is free to you. Here is how you sign up.

To LOG IN TO THE SITE:

- On your internet browser go [www.wcymca.com](http://www.wcymca.com) read about Y Wellness 24/7.
- At the bottom of the column click on To create your log in [CLICK HERE](#).
- It will take you to a BURN ALONG sign in for our virtual fitness.
- Fill in your name, email address, phone number and date of birth. You do not need to enter a Y Key Code (we don't use one). Choose our YMCA from the drop down list. Answer the insurance question – it gives a no or a I don't know option if you aren't sure.
- Choose your user name and password
- You will have options to choose class level and various healthy things to work on like sleep, food diary etc...
- Your page will look similar to the one below.



**Our YMCA will receive a report of all of our subscribers from our Y each month. We hope you will take advantage of this great platform.**