



YMCA OF LANSING MEMBER UPDATE

YMCA Members and Program Participants,

First and foremost, know that your entire YMCA community is thinking of you, your families, and our community-at-large. We hope you are all staying safe, healthy, and managing as well as you can under the current circumstances. The efforts you have made to prioritize your health and wellbeing do not need to come to a halt despite the hopefully temporary delay in our face-to-face [group or individual] connections.

While we may not be gathering in-person for the time being, we are together in spirit and want to help you continue progressing toward the goals you set for yourself. The YMCA of Lansing wanted to announce that we are rolling out **FREE** resources to keep our members and participants safely connected, active and healthy during this time.

Below are some of the NEW YMCA online resources available:



The YMCA of Metropolitan Lansing is now offering a FREE fitness challenge for its members. Stay Health-Y 600 is a 30-day virtual challenge that engages Y members nationwide in friendly competition. Participants have until April 23 to complete 300 minutes of cardio, 200 minutes of strength, and 100 minutes of mind-body for a total of 600 minutes of activity. Members can track their progress using an online platform.

You'll use [YTRAAK](#), our online tracker, to log your workouts and healthy meals. Plus, you'll get to interact with and see how other Y members are staying healthy, too!

[Click Here to Sign Up](#)



Staying connected matters. Our branches may be closed, but the YMCA of Lansing is here to help you, your family, and our community stay active and engaged! Check out YMCA @ Home on our website that gives members access to a variety of resources, activities, workouts for the whole family to enjoy during this time!

[Click Here for YMCA @ Home](#)



**YMCA 360:
Your Virtual YMCA**

YMCA 360 is designed to help you and your family engage with the YMCA virtually from the comfort of home. Popular group exercise classes like boot camp, barre, and yoga taught by YMCA instructors are available now at no cost. Learn more about YMCA 360 classes and enjoy 24/7 access to on-demand programs by clicking the link below:

[Click Here for Y360](#)



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