



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

North Suburban YMCA Introduces the *Virtual Y*

Northbrook, IL; November 2020: The North Suburban YMCA has launched a new online resource called the Virtual Y, part of a nationwide Y initiative to ensure community members can access their favorite classes and programming from the comfort of their homes. The Virtual Y membership includes a variety of classes for all ages, with classes ranging from strength training videos to active older adult programs, and children's projects. Membership to the Virtual Y online access is included in all Y memberships; non-members can access the Virtual Y for \$9.99 per month.

"We recognize the need for healthy living and youth development programs that can be accessed anywhere," remarked Kathy Fielding, CEO of the North Suburban YMCA. "Shifting to offer classes online through the Virtual Y is the best way to continue to live out our mission to strengthen communities by keeping them connected, active, and healthy at home."

The Virtual Y programming line-up features some of the Y's most popular group exercise classes including barre, yoga, cycle, and high intensity workouts, as well as youth activities such as virtual fieldtrips, Storytime, and arts & crafts programming; plus Adult Education Series; Meditation; and more. Live one-on-one personal training will be available starting in January.

"The Virtual Y is perfect for anyone who is not ready to get back into the gym or a fitness class. They can now work out anywhere, at any time with their favorite instructors," remarked Megan Vasquez, NSYMCA's Senior Director of Wellness.

For more information, visit the North Suburban YMCA's Virtual Y at <http://nsymca.org/virtualY> or call 847-272-7250.

About the North Suburban YMCA

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](https://www.nsymca.org).



Caption: *The North Suburban YMCA has launched the Virtual Y, an online resource for community members to access favorite classes and programming from the comfort of their homes.*