



NORTH SUBURBAN YMCA
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For Immediate Release

Virtual Fitness from North Suburban YMCA Benefits Mind and Body

Northbrook, IL – In response to the shelter at home order, the North Suburban YMCA is now offering a wide selection of virtual fitness classes allowing community members to participate in their favorite classes with their favorite instructors.

To help keep the community moving, classes feature local instructors, as well as national YMCA videos. Facebook live classes are offered weekly for an interactive experience that encourages a community connection. Available online classes include: Cardio & HIIT, Les Mills BODYCOMBAT, Interval Based Cardio/Strength, Strength, Barre, Bootcamp, Yoga, Tai Chi, and more. The Y's Virtual Fitness Program is free to the entire community by visiting www.nsymca.org.

The Y also features youth fitness workouts that improve strength, coordination and conditioning as well as classes aimed towards older adults such as gentle yoga, balance exercises, and strength training.

"The Y's classes help me feel connected and create structure in my day," commented NSYMCA member Julie Newman of Winnetka. "I feel like I'm taking care of myself by keeping up with my fitness."

In addition to improving physical condition, the mental benefits of exercise include improving one's overall mood and sleep patterns. Gail Rago of Northbrook said she appreciates the opportunity the Y has given her to stay fit during this challenging time. "I want to say thank you to the Y staff for all of the time and effort that you put in to make the NSYMCA available to us on YouTube and Facebook. As we all shelter in place, the virtual workouts and my walks outside are the best part of my day."

The North Suburban YMCA is also engaging the community through a variety of virtual programming. Recent offerings include:

- **NSYMCA Community Boards** –Community members can interact, get ideas, ask for help, have virtual fun or ask a question: Current Boards are:
 - **Brighten Someone’s Day** – A forum to ask for help, and a place to share ideas
 - **NSYMCA Community** – Membership or specific Y questions
 - **Adult Programming** –Includes Brain games, the NSYMCA social club, Caregivers support group and other senior programming
 - **Health & Wellness** – Tips, workouts, questions answered
 - **Performing Arts** – Keeps the kids dancing
 - **Visual Arts** – Check in for art plans, virtual classes and artist ideas for everyone
 - **Special Olympics** – Stay in touch with the Special Olympics team
 - **Youth Development** – Offers activities, questions, websites and fun for kids
 - **Smartlab** – S.T.E.A.M (Science, Technology, Engineering, Art, Maintenance) programming for kids
 - **Camp** – Summer Camp updates

Senior Activities – The Y’s Karen Brownlee is keeping the Y’s senior programming going and it’s open to the entire community. For more information contact Karen Brownlee at kbrownlee@nsymca.org.

- Brain Games
 - NSYMCA Social Club
 - Caregivers Support Group
 - Adult Education Seminars
- **Community Check-In form** – Residents can sign up to receive a call or make a call to someone who is feeling isolated.
 - **Sunset Foods Delivery Messages**- The Y is working with Sunset Foods to include inspirational notes & art made by Y families and local schools to include in their deliveries.
 - **NSYMCA - Community Fitness Challenges** – Encourages members to work out to reach 30,000 minutes of exercise. People can track through the Y app, Facebook, email or the Wellness Community boards.

For more information about the North Suburban YMCA and its virtual programming and services line-up, visit nsymca.org

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.



PHOTO CAPTION: *Debbie Belkin teaches a Vinyasa Yoga class, available for free online from the North Suburban YMCA.*