



LIVESTREAMING
CLASSES

VIDEO LIBRARY



ON-DEMAND
7 DAYS / WEEK

FLEXIBILITY CONNECTION PURPOSE

IF YOU GIVE A MEMBER A MISSION...

If you give a member at home the **flexibility** to tune-in to fitness classes, they will have an opportunity to stay active from their homes. If a member remains engaged in a fitness routine with their favorite Group Exercise Instructors, they will continue to stay **connected** with Y friends. Staying connected means a member feels a sense of **purpose** in their broader community.

At the Y, we'll help you make every effort to stay healthy and connected.



Your mission, should you choose to accept it...

We have less than \$1 million remaining to help us reach our fundraising goal for the Family Center Expansion. Our Family Center Expansion will have a **direct positive impact on our fitness programs**.

Donate today and, together, we can ensure a healthy future with **expanded options for health and wellness** for years to come.

Visit madisonareaymca.org/HOMESTRETCH

MADISON AREA YMCA
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Fitness Instructor
Kelly Dietzel

