



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KNOW BEFORE YOU GO



Sign up for **FITNESS TEXT ALERTS today!**

NOW YOU CAN GET TEXT ALERTS regarding events, updates, and announcements here at the Y! 100% Opt-in, which means you decide which alerts are sent directly to your phone.

OPT-IN INSTRUCTIONS:

Text GROUP CODE to 56525

NAME	GROUP CODE	DESCRIPTION
Group Exercise	YGROUPX	ALL land fitness updates
Morning Group Fitness	AMFITNESS	Group EX classes starting before Noon
Afternoon/Eve Fitness	PMFITNESS	Group EX classes starting after Noon
Morning Yoga	AMYOGA	Yoga classes starting before Noon
Afternoon/Eve Yoga	PMYOGA	Yoga classes starting after Noon
Tai Chi	TAICHI	Updates on Tai Chi classes
Morning ZUMBA	AMZUMBA	Zumba classes starting before Noon
Afternoon/Eve ZUMBA	PMZUMBA	Zumba classes starting after Noon
Cycling	CYCLING	Cycling updates
Youth Fitness	YTHFITNESS	For all youth fitness updates
Hop Skip and Jump	HOPSKIPJUMP	Updates on Hop Skip and Jump
Giggles and Wiggles	GIGGLES	Updates on Giggles and Wiggles
Play Gym	PLAYGYM	Updates on Play Gym
Facility Updates	YFACILITY	Updates on Facility closures