



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**FOR IMMEDIATE RELEASE**

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## **YMCA OF CASS AND CLAY COUNTIES OFFERS VIRTUAL WORKOUTS AND ACTIVITIES TO COMMUNITY DURING COVID-19**

[FARGO, ND]—The YMCA of Cass and Clay Counties cares deeply about the well-being of our members, participants, and the community. Today, it is more important than ever to stay active, maintain connections, and live our YMCA mission of providing healthy living programs through new and innovative ways. Even though the YMCA of Cass and Clay Counties' fitness branches are currently closed, we are continuing to provide our members and the community with virtual workouts and activities from the comfort of your home!

### ***Group Fitness Classes***

Our group fitness instructors are leading viewers through full-length classes like Sunrise Yoga, Tabata, Freestyle Barre, Freestyle Boxing, and even 'Mommy and Me' classes. We have options for strength, mind/body, cardio, kids/family, and more!

### ***Bonus Group Fitness Activities***

Our group fitness instructors are leading viewers through additional activities and challenges, like circuit workouts, nutrition Q&As, and even scavenger hunts and exercise challenges.

### ***Fitness Tutorial Videos***

Viewers can follow along with tutorials led by our fitness team on how to work out from home and continue strength-training, cardio, stretching, and more while using bodyweight and everyday objects.

### ***Activities for Kids and Families***

Our youth and adult program staff will help kids and families stay active, engaged, and learning during their time at home! We have created videos and step-by-step documents with science experiments, crafts, healthy recipes, and more!

To join in on the fun and learning, please visit us online at [ymcacassclay.org/stayhealthy](https://ymcacassclay.org/stayhealthy) or follow along on our Facebook and Twitter pages (@ymcacassclay). We are sharing content every weekday on these three platforms and are even hosting some live Q&As on Facebook! We encourage you to stay optimistic, support those around you with love and care, and continue to exercise healthy living habits for spirit, mind and body.

The YMCA is also offering exclusive virtual experiences for members, as well, during this time. These options are provided through YMCA partners directly to our members.

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