

YMCA Snohomish County Virtual Workouts

Barre

https://www.youtube.com/watch?v=q_I6hsY8Huk&feature=youtu.be

Beginner Cardio Workout.

<https://www.youtube.com/watch?v=hIXooHwFQP4&feature=youtu.be>

Beginner Barre Workout.

<https://www.youtube.com/watch?v=5peHcMyx1NY&feature=youtu.be>

YMCA 360 Workouts (Workouts from across the Country)

Yoga Classes. <https://ymca-snoco.org/y-at-home/y360/yoga>

Barre Classes <https://ymca-snoco.org/y-at-home/y360/barre>

Bootcamp <https://ymca-snoco.org/y-at-home/y360/boot-camp>