

# ONLY VIRTUAL CLASSES AT THIS TIME

We apologize for the inconvenience.

**NEW LIVE-STREAM CLASSES**  
available through the MotionVibe App!



CLICK FOR INFO ABOUT  
HOW TO JOIN  
LIVE-STREAM CLASSES

LOGIN TO  
**MotionVibe**

**Due to COVID-19**, and state social distancing guidelines, we now have to limit the number of members in the building, and maintain a distance of 12' when exercising without a mask on.

We hope to start Group Ex classes in the building again soon, but until we can do that safely, please join us online! Visit [nwcty.org/motionvibe](https://nwcty.org/motionvibe) to get started.