



We've Partnered with MOSSA Move to Keep You Moving!

We are excited to announce that we've partnered with Mossa Move to offer all of our members a FREE 60-day trial to MOSSA Move! MOSSA Move is an online collection of fitness classes developed by industry professionals to make staying active at home easy.

MOSSA has provided us with a custom URL for our members: <http://www.mossamove.net/orders/mossa-home-workouts-complete/45907/user/?tid=ymcaskagitvalleyfamily>

Simply click the link, register for your completely free 60-day trial, and you're set.

We understand that you may be missing your favorite Y Group Fitness instructors, and they miss you too! In addition to MOSSA Move, we will be recording and posting a series of videos made by our very own instructors to our YouTube channel. Please be aware that some of the videos do not have audio due to copyrighted music. Stay tuned as we continue to expand our collection of virtual classes!

A few commonly asked questions about the 60 days FREE with MOSSA Move:

Will members need to enter a credit card?

Yes. In order to setup their own individual MOSSA MOVE account, they will need to enter credit card information. Because of the longer lead time of the 60 days free, we will be notifying subscribers via email around the 55 day mark that they will be charged \$7.99 if they decide to keep their MOSSA MOVE subscription.

Where can my members go to learn more about MOSSA MOVE?

To learn more about the service, visit www.mossamove.net. From this page, you can view all of the workouts available through the service. However, they will not be able to get to the 60 day offer. The 60 day offer is only available through the special URL listed at the top of this page.

How can members cancel?

Subscribers can cancel at any time. When logged into their account, they can go to My Account >> Manage Subscriptions >> Cancel Subscription.

Can we just set up one account?

Each individual needs their own account.

How long will the 60 day offer last?

The 60 day timeline will start depending on when the member signs up for the service. If someone starts their account today, they will have access to all of the workouts for 60 days starting today. If they start their subscription a week from today, it will be 60 days from that day.

Will Mossa Move be notifying members that the 60 days are about to expire?

Yes. You will receive an email to let you know that the 60 day offer is close to expiring.

Are the workouts on MOSSA MOVE the same as the live MOSSA workouts?

The 30-minute workouts on MOSSA MOVE are different than the live MOSSA workouts. These videos were designed specifically for the home user experience. The programming, equipment options, coaching, and coaching modifications, are all perfect for the home user.

What workouts are available on MOSSA MOVE?

The MOSSA MOVE app has 8 different programs – cardio, strength, dance, Yoga-inspired, and indoor cycling. Each 30-minute program has 2 to 4 workouts available, with more on the way. To see the lineup of workouts available, with descriptions and video previews, visit: <https://www.mossamove.net/discovery>.