



STAY INFORMED

GET INSTANT ALERTS SENT STRAIGHT TO YOUR PHONE!

Schedules, class updates, cancellations, and announcements!
Alerts are tailored by program. Please sign up for multiple alerts, based on your areas of interest.

**Sign up for alerts by texting the program “handle”
(ex: @NYCAQU) to the number 81010**

@NYCMEMBER for General Membership Announcements

@NYCAMGEX for Group Exercise AM Classes

@NYCPMGEX for Group Exercise PM & Weekend Classes

@NYCAQU for Aquatics

@NYCYOUTH for Youth Group Classes

@NYCPRIME for Primetime

Members will need to enroll personally and cannot be added/deleted by the administrator.