

# My Gym LIVE

## Free My Gym LIVE Classes to RMHC® Families!

Established in 1983, My Gym is a leading worldwide fitness center destination for children ages 6 weeks through 10 years. With 725 locations in 28 countries, My Gym combines innovative, early physical education/pre-gymnastics classes with state-of-the-art facilities to empower children.

Through My Gym LIVE, children can experience the amazing My Gym curriculum online at home through live-streamed, interactive classes as well as receive exclusive video on-demand content.

### To enroll, select a participating My Gym in your time zone below:

#### PACIFIC (PST/PDT):

Atwater Village, CA      Redondo Beach, CA  
Beverly Hills, CA      Santa Monica, CA  
Manhattan Beach, CA      Torrance, CA  
Palm Desert, CA

#### CENTRAL (CST/CDT): Chicago, IL

#### EASTERN (EST/EDT):

Fairfield, CT      Hoboken, NJ  
Orange, CT      Jersey City, NJ  
Lake Mary, FL      New Providence, NJ  
Maitland, FL      River Road, NJ  
Glen Rock, NJ      Westfield, NJ

1. Enter your child's age to view the schedule.
2. Choose a date/time and click **Try a Free Class**.
  - Create your account and choose **RMH-MYGYM** where it asks **How Did You Hear About Us? (VERY IMPORTANT)**
  - Enter **RMH-MYGYM** in the **Additional Notes for Gym** field on the confirmation page.
3. The gym will take it from there, and instructions for your first class will be sent to you via email.
4. After your first class, email your selected gym directly to set up **unlimited, FREE** online classes. *Enjoy!*

For any questions or assistance contact  
My Gym Community Outreach  
[rmhc@mygym.com](mailto:rmhc@mygym.com)

