YMCA 360™ FLIPBOOK

TABLE OF CONTENTS

YMCA 360

DOWNLOAD NOW

Download on the **App Store**

GET IT ON **Google Play**
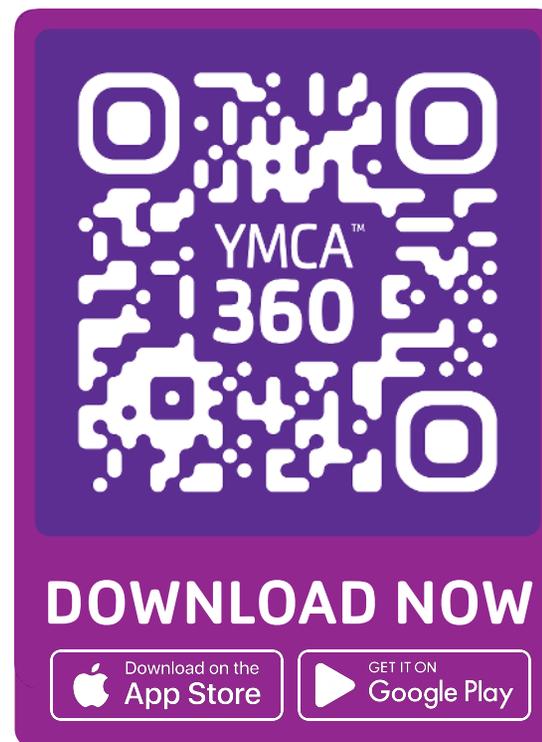
YMCA 360

YMCA360 MOBILE APP
How to Log In
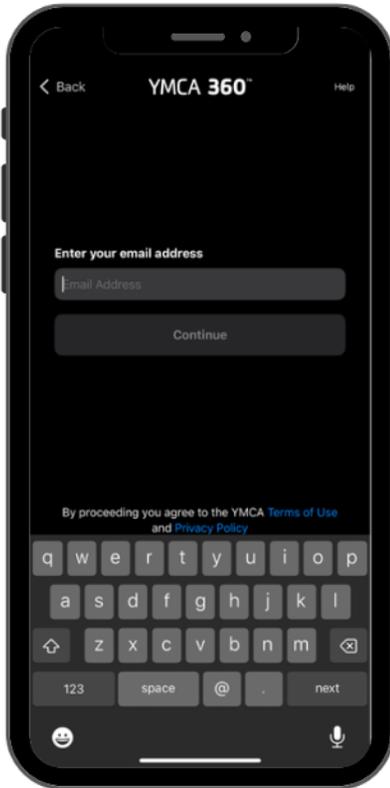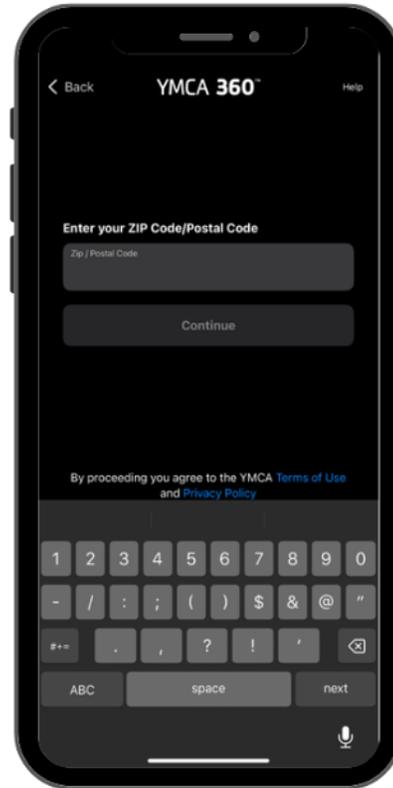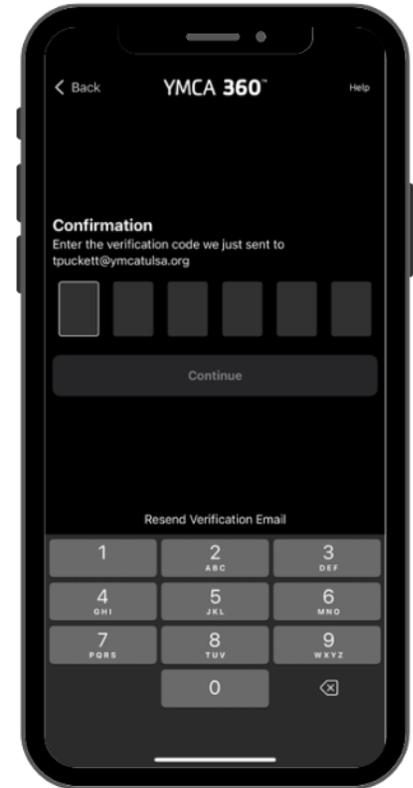

Enter in your Skagit YMCA Member Email.

Then click **Continue**.

Enter in your home address ZIP Code/Postal Code
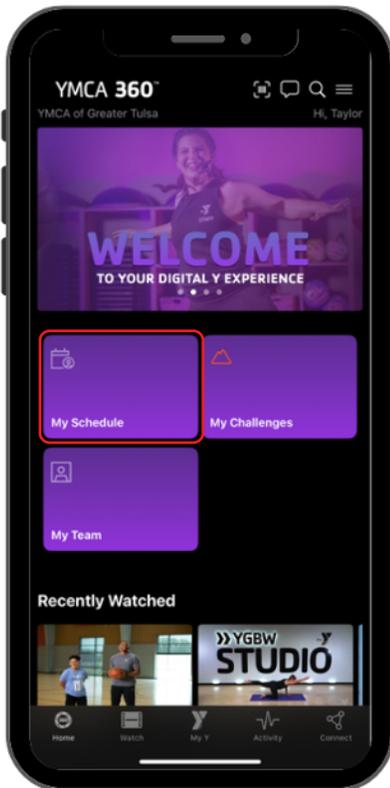
Then click **Continue**.

From here, select your home branch and press **NEXT**.

Retrieve the **6-digit code** that was sent to your email and enter it here.
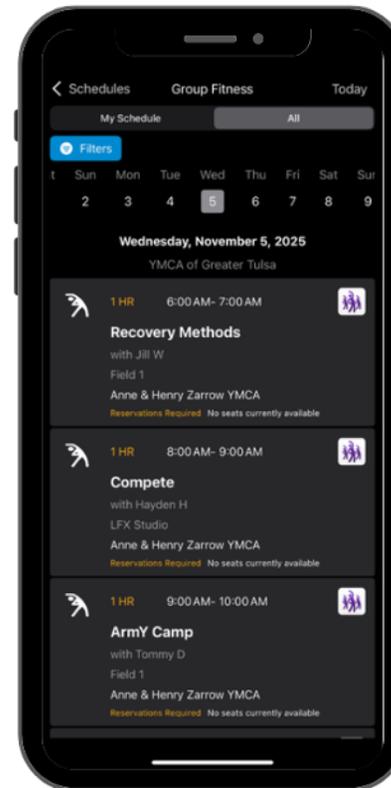
Then click **Continue**.

YMCA 360™

YMCA360 MOBILE APP
How to View Group Exercise Classes

Screen 1 — Home
YMCA 360™
YMCA of Greater Tulsa — Hi, Taylor

WELCOME
TO YOUR DIGITAL Y EXPERIENCE

My Schedule   My Challenges

My Team

Recently Watched
YGBW STUDIO

Home   Watch   My Y   Activity   Connect

Screen 2 — Schedules
Schedules

Group Fitness   >
Court Sports   >
Soccer   >
Aquatics   >
Egym Onboarding   >

Screen 3 — Group Fitness
Schedules   Group Fitness   Today
My Schedule   All
Filters
Sun Mon Tue Wed Thu Fri Sat Sun
 2   3   4   5   6   7   8   9

Wednesday, November 5, 2025
YMCA of Greater Tulsa

1 HR   6:00 AM - 7:00 AM
Recovery Methods
with Jill W
Field 1
Anne & Henry Zarrow YMCA
Reservations Required No seats currently available

1 HR   8:00 AM - 9:00 AM
Compete
with Hayden H
LFX Studio
Anne & Henry Zarrow YMCA
Reservations Required No seats currently available

1 HR   9:00 AM - 10:00 AM
ArmY Camp
with Tommy D
Field 1
Anne & Henry Zarrow YMCA
Reservations Required No seats currently available

Screen 4 — Class Information
Schedules   Class Information
7:00 AM - 8:00 AM
1 HR   Nov 6, 2025
Boot Camp   Strength
with Hayden H
Field 1
Anne & Henry Zarrow YMCA
Back to basics! This high energy class may include a full-body workout through a variety of styles while including core training, plyometric, toning, and strength exercises. Expect creative and intense exercises to thoroughly work your body in a simple- to-follow format.
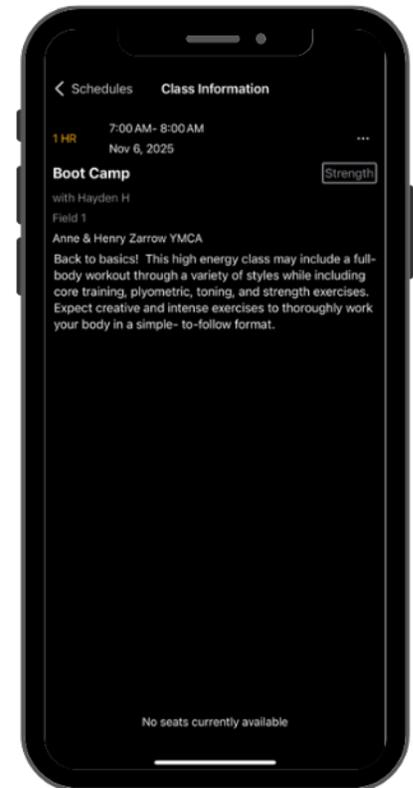
No seats currently available

Click "**My Schedule**"

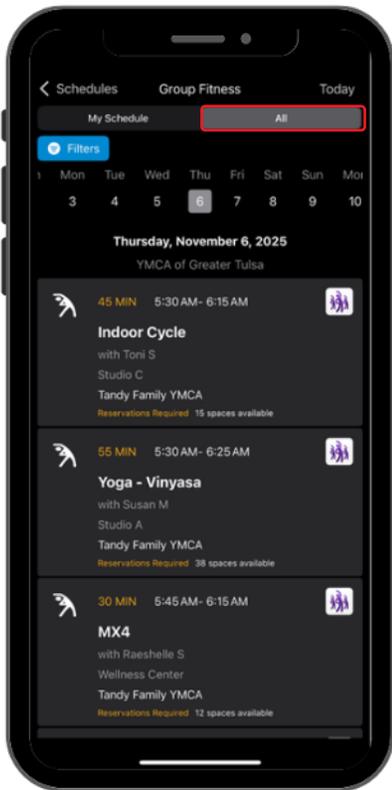Select from the different schedule categories

You then will see all classes offered for each day. Click on any of the classes offered to learn more.

Once you click on the class you are interested in, you will see the class description.

YMCA 360™

YMCA360 MOBILE APP
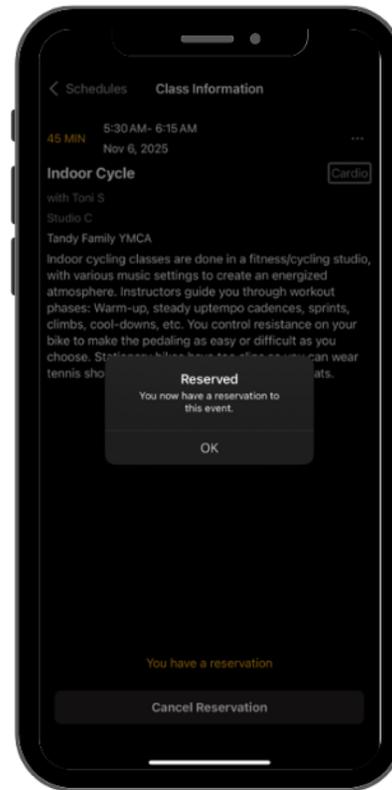## How to Sign Up for Group Exercise Classes

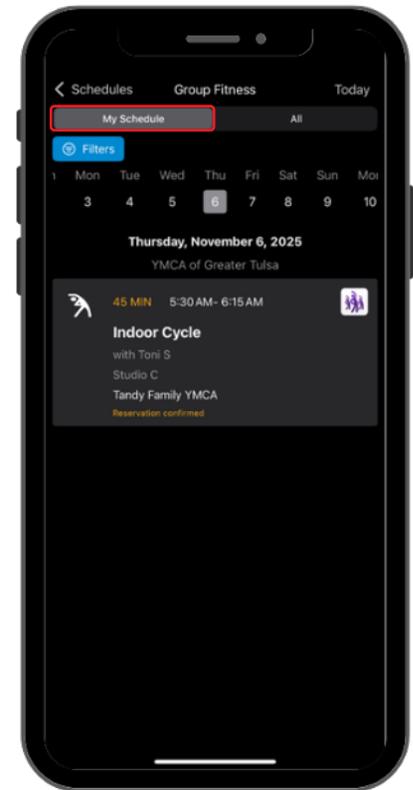To sign up for a new class, click **"All"** to see all offered classes.

Then click on that class you are waiting to sign up for

Click the blue **"Reserve"** button on the bottom of your screen to sign up for the class.
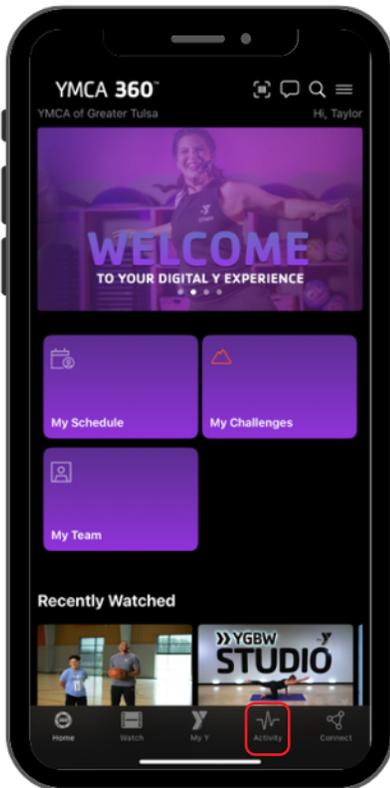
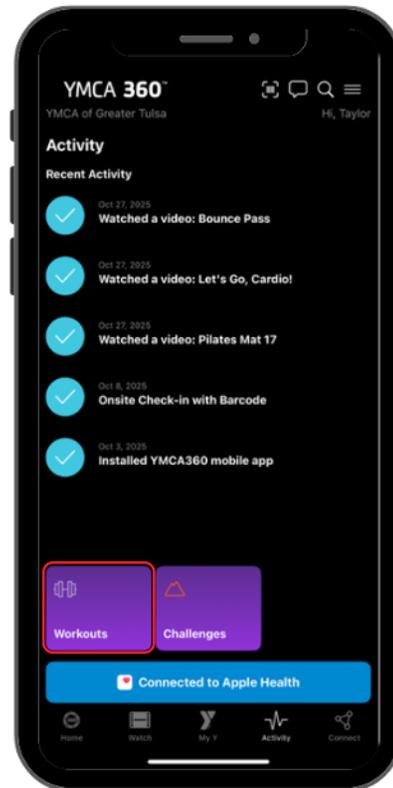Once you have reserved the class, you should have a confirmation pop up on your screen.

Once you have sign up, you will be able to view all of the classes you are registered for in "My **Schedule**"
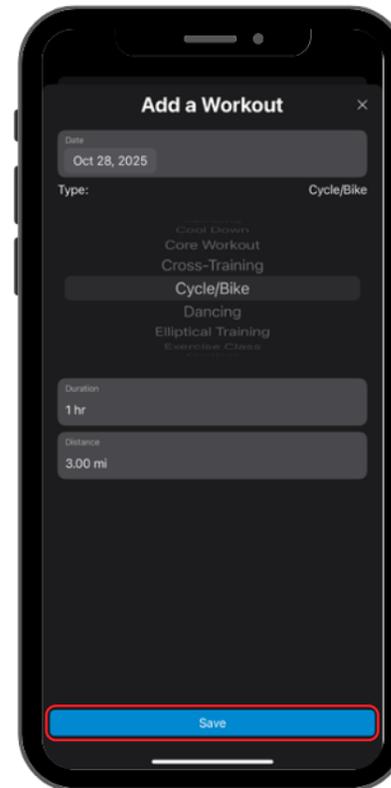
YMCA360 MOBILE APP
How to Track Activity
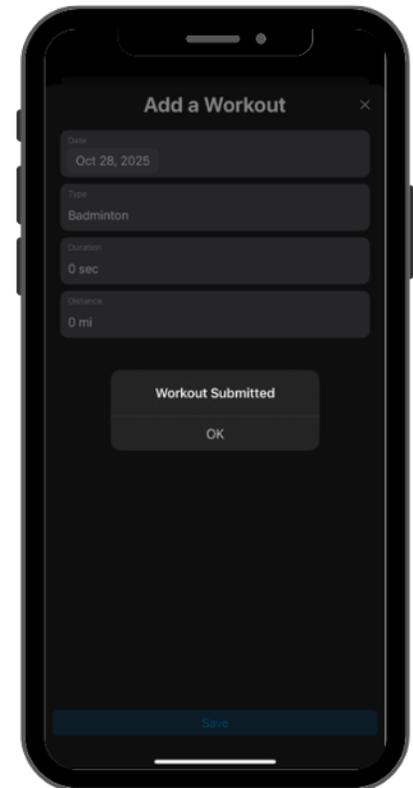

On the bottom of your screen, click the **Activity button.**

Activity history shows in chronological order.

To add an activity, **click the Workouts button** on the bottom left had side of your screen.

Make your selections and **click Save.**

Users can add workouts up to seven days in the past.

After clicking Save, the form will reset and will now show in your active history.

YMCA360 MOBILE APP
How to Join a Challenge
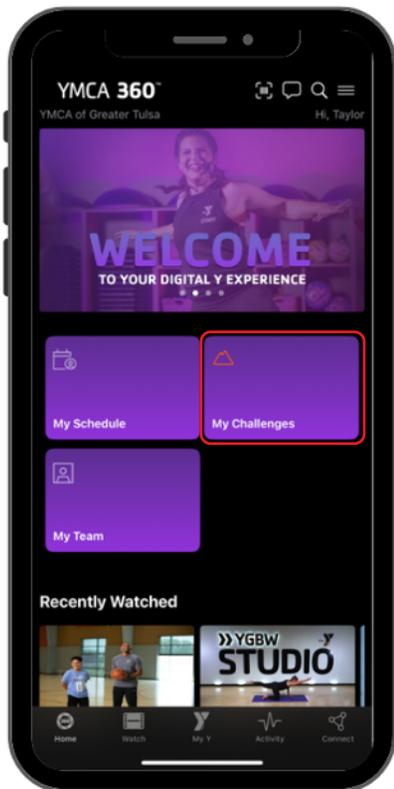
Click **"My Challenges"**

Click on the **"All"** tab to see all eligible Challenges.
Select **"Join Challenge"**

You can click on the Challenge to see the Challenge details.
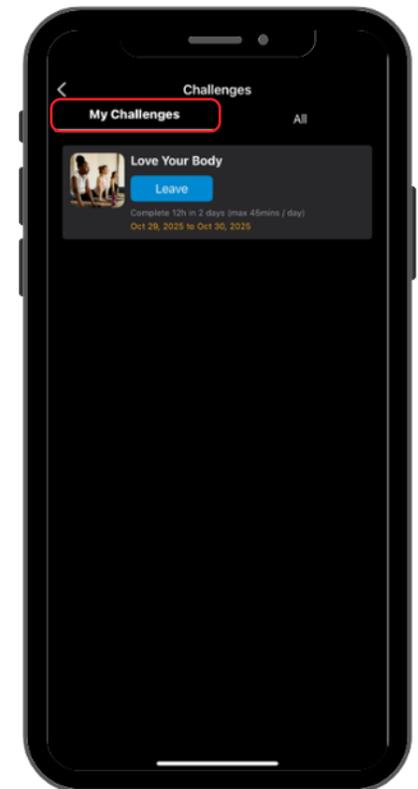
The Challenges you are participating in will show in the **"My Challenges"** tab.

YMCA360 MOBILE APP
How to connect to a wearable device – Apple

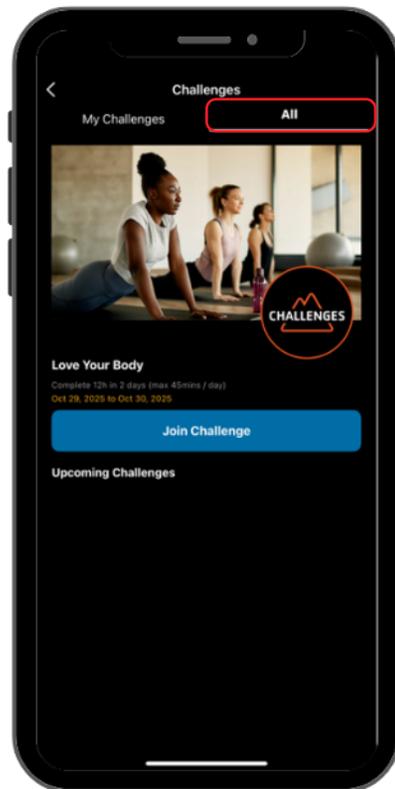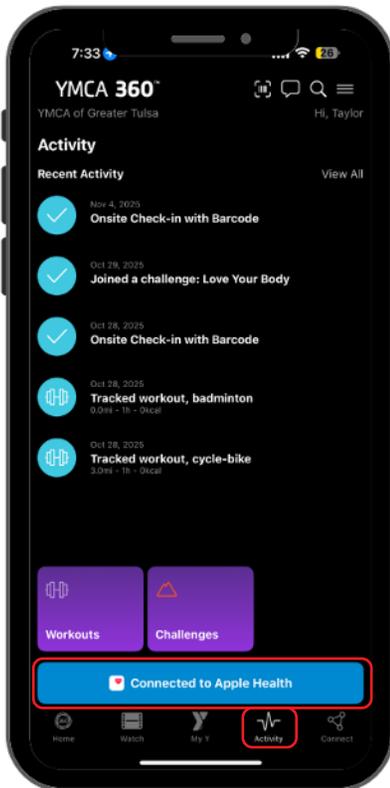Select the Activity Page and click **"Connect to Apple Health"**
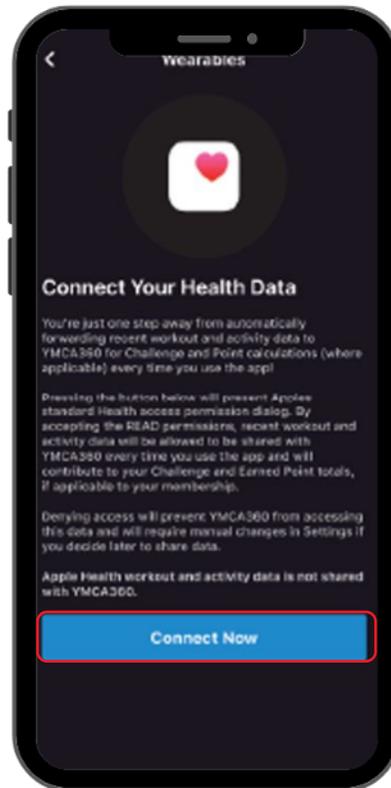
Read the information and if you want to proceed, click on the blue **"Open Health Connect Settings"** button to go to settings
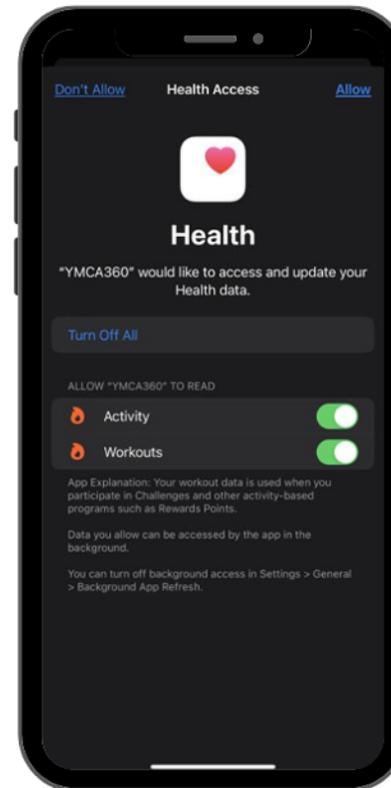
Toggle what information you want to allow YMCA360 to have access to.

Once successfully synced, you can edit access anytime by clicking the blue button.

YMCA 360

YMCA360 MOBILE APP
How to connect to a wearable device – Android

Activity

Recent Activity — View All

Fri, Jan 8
Referred a friend
50 pts

Fri, Jan 8
Lap swim at East pool
0.2 mi | 22 min. | 1 pts

Fri, Jan 8
Checked in
1 pts

Mon, Jan 4
Yoga paddleboard on Meadow Lake
0.2 mi | 22 min. | 1 pts

Workouts | Challenges | My Points — 350 points

Connect to Health Connect

Home | Watch | My Y | Activity | Connect

Select the Activity Page and click **"Connect to Health Connect"**
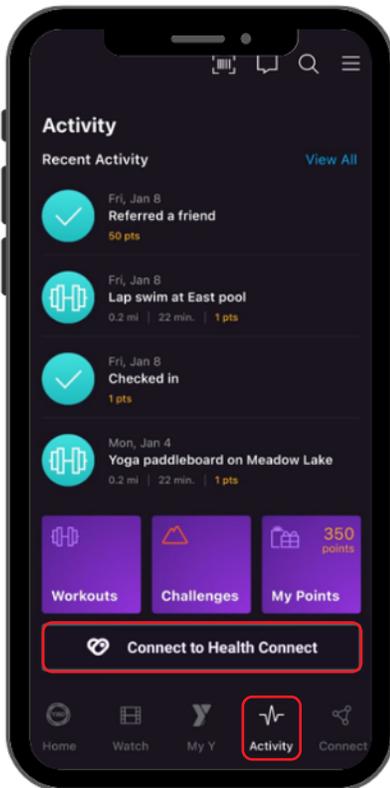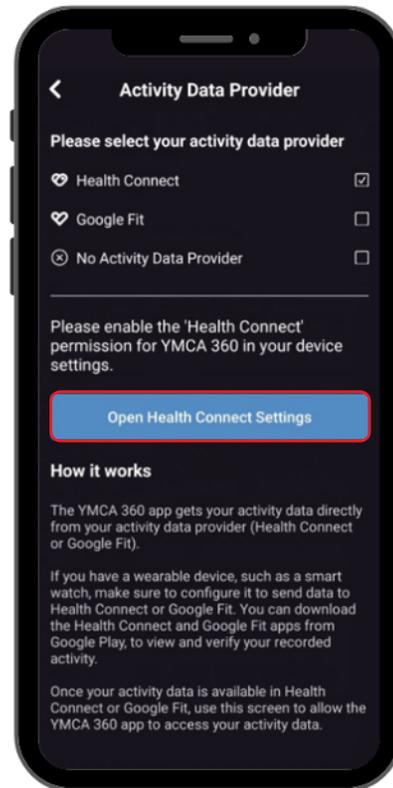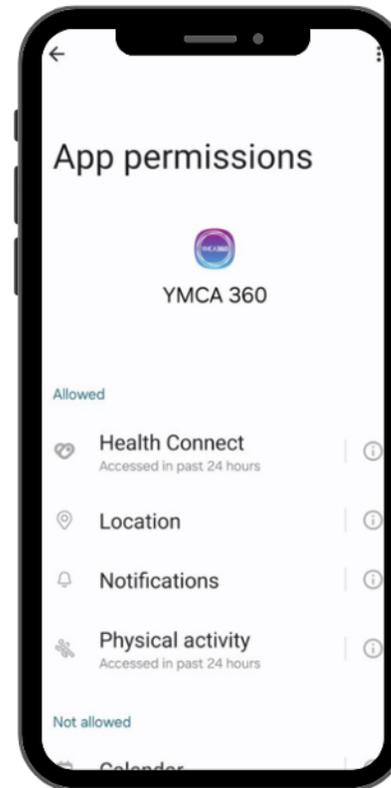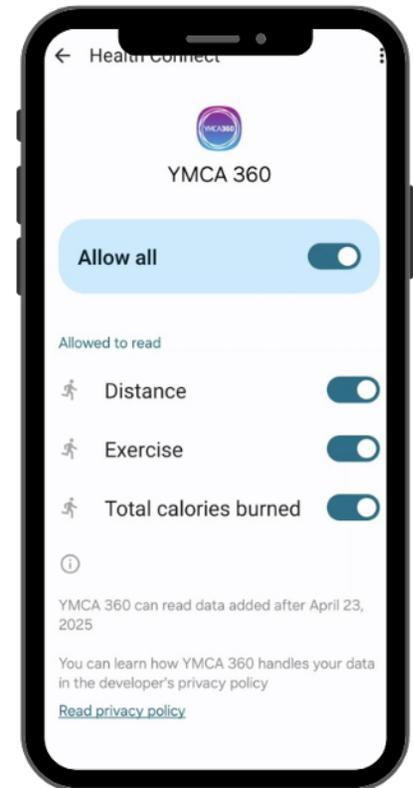

Activity Data Provider

Please select your activity data provider

- Health Connect ☑
- Google Fit ☐
- No Activity Data Provider ☐

Please enable the 'Health Connect' permission for YMCA 360 in your device settings.

Open Health Connect Settings

How it works

The YMCA 360 app gets your activity data directly from your activity data provider (Health Connect or Google Fit).

If you have a wearable device, such as a smart watch, make sure to configure it to send data to Health Connect or Google Fit. You can download the Health Connect and Google Fit apps from Google Play, to view and verify your recorded activity.

Once your activity data is available in Health Connect or Google Fit, use this screen to allow the YMCA 360 app to access your activity data.

Read the information and if you want to proceed, click on the blue **"Open Health Connect Settings"** button to go to settings

←

App permissions

YMCA 360

Allowed

- Health Connect — Accessed in past 24 hours ⓘ
- Location ⓘ
- Notifications ⓘ
- Physical activity — Accessed in past 24 hours ⓘ

Not allowed

Calendar

Click on Health Connect or Google Fit under **"App Permissions"**

← Health Connect

YMCA 360

Allow all ⬤

Allowed to read

- Distance ⬤
- Exercise ⬤
- Total calories burned ⬤

ⓘ

YMCA 360 can read data added after April 23, 2025

You can learn how YMCA 360 handles your data in the developer's privacy policy
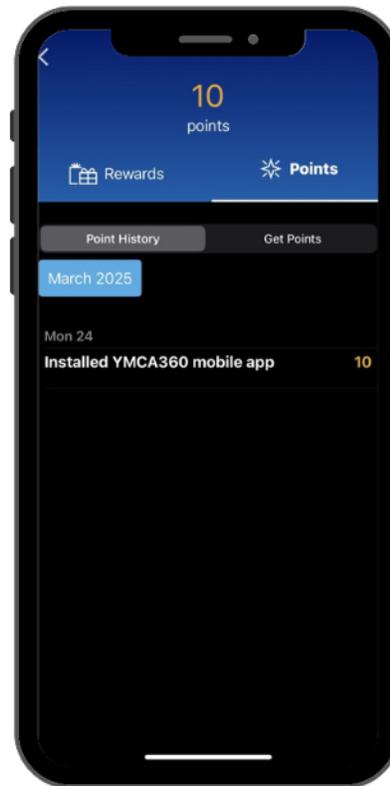
Read privacy policy

Toggle what information you want to allow YMCA360 to have access to.
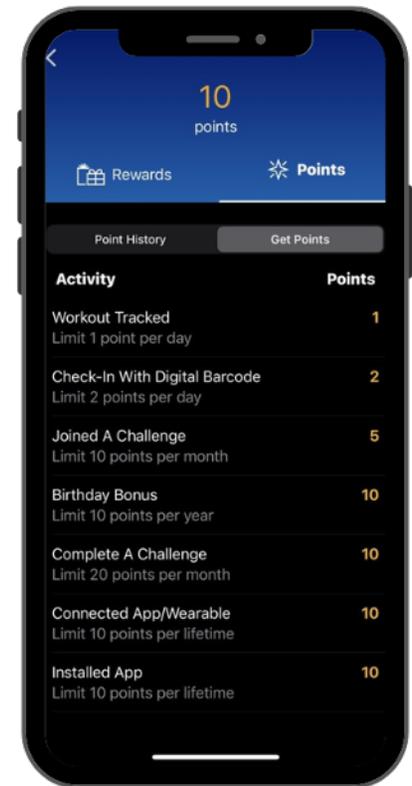
YMCA 360™

YMCA360 MOBILE APP
How to Earn Points

Find the library of point-earning actions by clicking the **"My Points"** button on the home page.

The **"Points History"** screen will show the ways that you have earned points already.
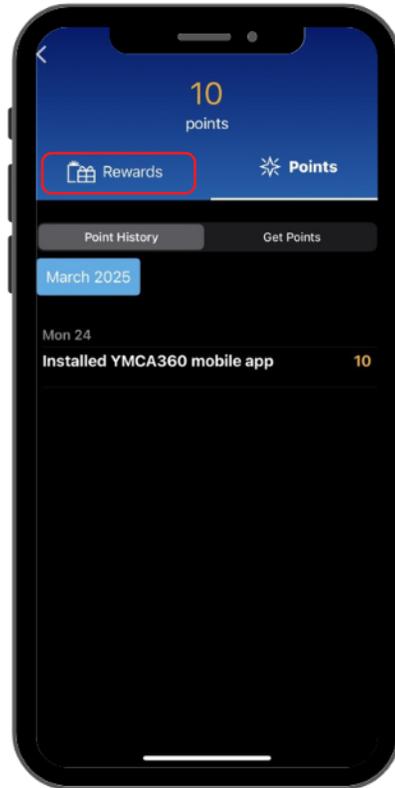

Toggle to the **"Get Points"** page by clicking the sub-menu at the top of the screen.
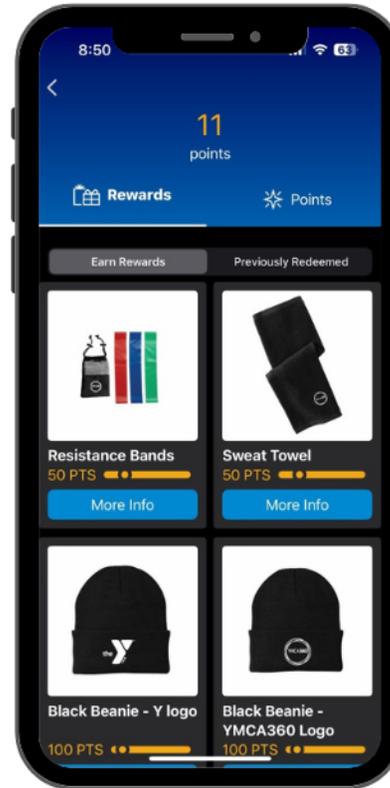
YMCA 360™

YMCA360 MOBILE APP
How to Redeem Points for Reward Items

YMCA360
Greater Wichita YMCA — Hi, Joanie

WARM WEATHER WORKOUTS

10 points — My Points | My Schedule
My Challenges | My Team

Recently Watched
Recently Watched is currently empty.

Home | Watch | My Y | Activity | Connect

10 points

Rewards | Points

Point History | Get Points

March 2025

Mon 24
Installed YMCA360 mobile app — 10

8:50

11 points

Rewards | Points

Earn Rewards | Previously Redeemed

Resistance Bands — 50 PTS — More Info
Sweat Towel — 50 PTS — More Info
Black Beanie - Y logo — 100 PTS
Black Beanie - YMCA360 Logo — 100 PTS

Back — Rewards

Confirm your reward

Winter Beanie
50 PTS

In order to complete your reward redemption, please provide us additional information about this item:
• **Choose Color: Grey or Black**

Enter details

Home | On Demand | the Y | Live Streams | More

Click the **"My Points"** button in the main menu.

Select **"Rewards"** at the top left

Toggle to **"Earn Rewards"** to redeem what reward you would like.

After selecting **"Redeem"** on item you want, enter the required details needed for the item i.e. size, color, Y location for pick-up, etc.