

FITNESS TRACKING? PROGRESS AND RESULTS?

THERE'S AN APP FOR THAT!

The YMCA of Metro Denver has a free mobile app!

Members can take advantage of this new, easy-to-use resource for better health and instant updates from the YMCA.

With the new app, members can use their smart phones to:

SCAN TO CHECK IN

Check in by scanning or typing your key fob number into the app.

FIND A CLASS

The "Find a Class" feature is updated regularly by every branch.

WORKOUTS

Access history of your workouts. Sort by type of workout and how it was recorded, and analyze your history in a weekly, monthly, or yearly view.

GYM CALENDAR

See when the gym is open.

CHALLENGES

Our YMCA fitness staff will post fitness challenges for you to compete in. Users can see how they stack up against the fitness community on the challenge leaderboard.

CONNECTED APPS

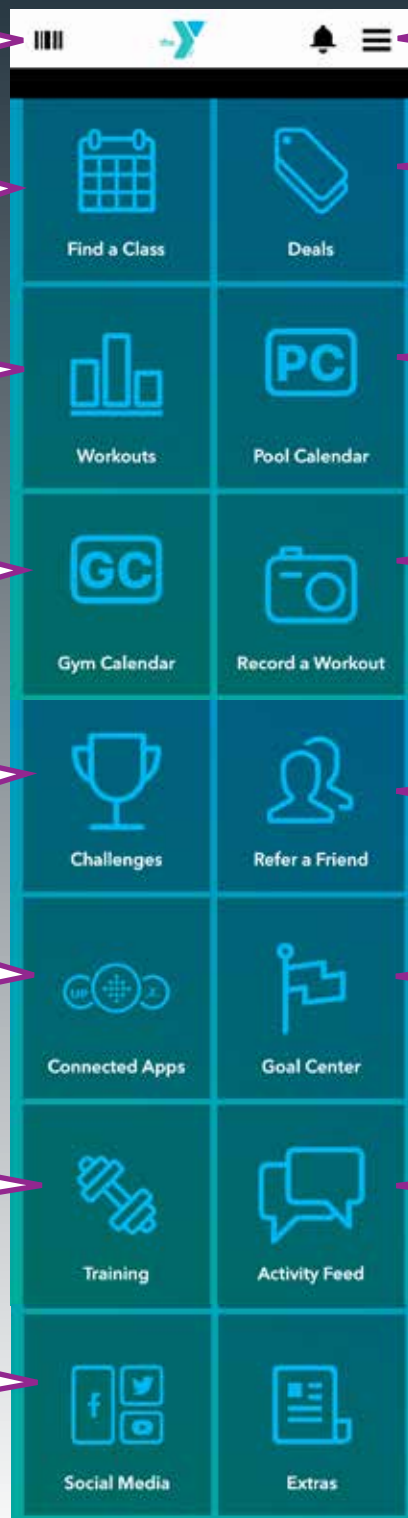
The YMCA app can also automatically record workouts by connecting to a multitude of fitness trackers and applications, including My Fitness Pal, FitBit, Jawbone, Map My Run/Walk, Ride, Jawbone and many more. (Coming soon: Apple Watch)

TRAINING

Request a fitness assessment or an appointment with a YMCA personal trainer.

SOCIAL MEDIA

Connect the YMCA app to your Facebook and Twitter accounts for easy check-ins, posting, and tweeting.



CREATE PROFILE

Personalize your profile, privacy settings, location preferences, contact support & more.

DEALS

Discover promotions & savings from the Y.

POOL CALENDAR

Check open swim times

RECORD A WORKOUT

One of the most exciting features of the app is the ability to keep track of the date, time, type, distance, duration, and calories burned in every workout. Workouts can be recorded manually or through xCapture.

What is xCapture? Thru the app take a picture of the "end of workout" stats on the control panel of a cardio machine and the time, calories, and distance will be automatically logged to the app.

REFER A FRIEND

Invite a friend to join the Y.

GOAL CENTER

Set up personal goals for number of workouts, calories, time, and distance. Users can set a target, and record their progress with the Record a Workout feature or the Connected Apps feature.

ACTIVITY FEED

The YMCA app creates a fitness community. With the activity feed feature, view your own activities and those of your friends. They can applaud each other's progress and send encouraging comments.

Download and go!

This new mobile app is easy, free, and fun. Get connected, search **YMCA OF METRO DENVER** in:



