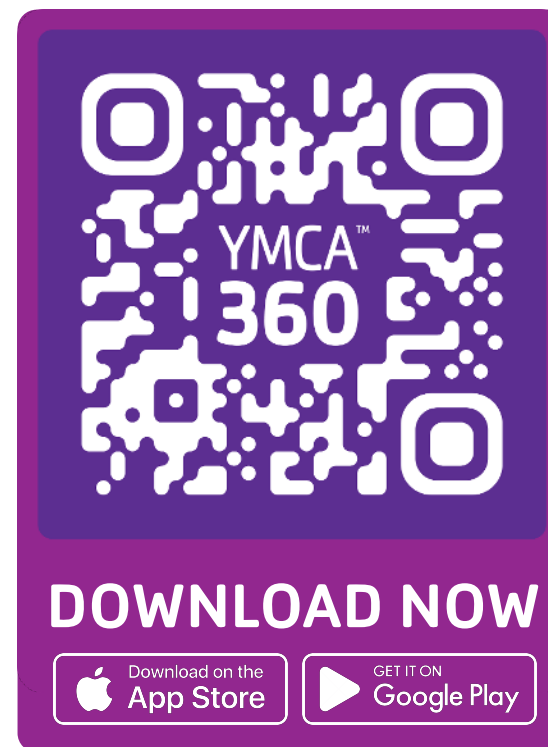


YMCA 360™ FLIPBOOK

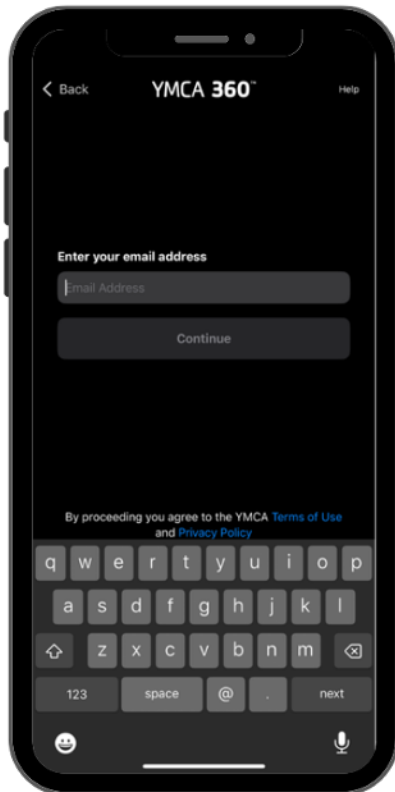
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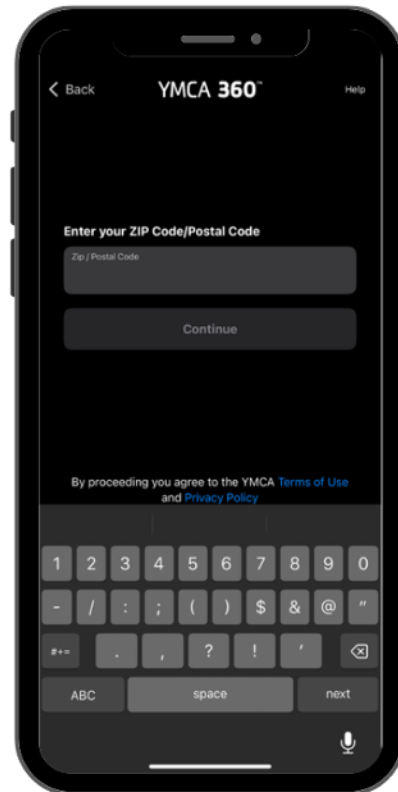


YMCATM 360

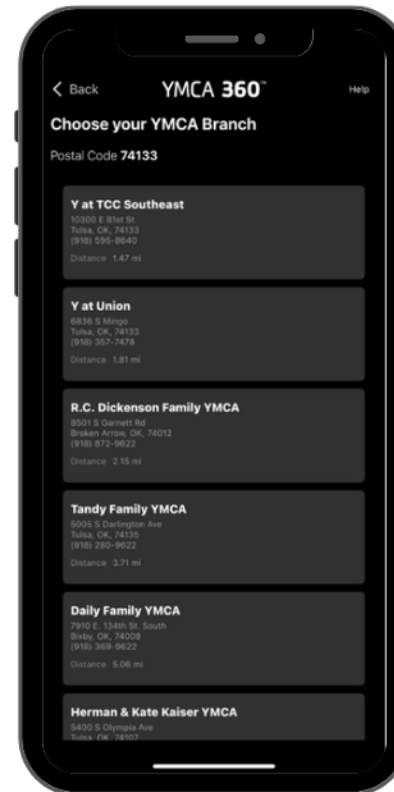
YMCA360 MOBILE APP How to Log In



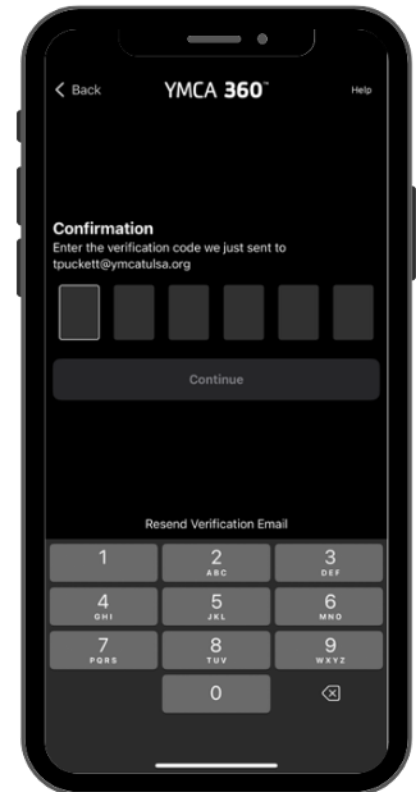
Enter in your
YMCA of Greater Tulsa
Member Email.
Then click **Continue**.



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



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

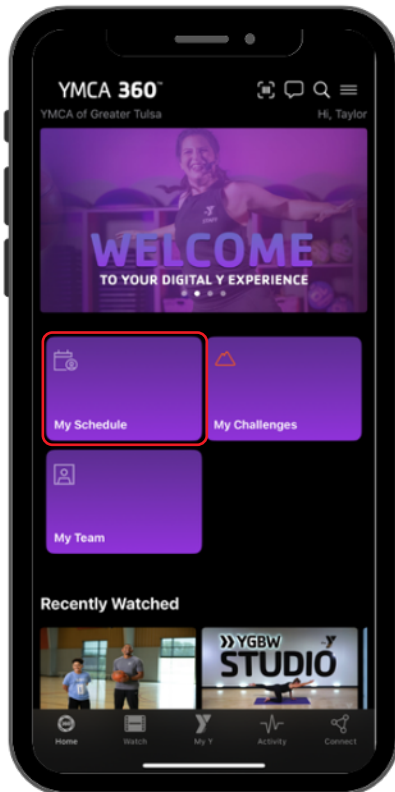


Retrieve the **6-digit code**
that was sent to your
email and enter it here.
Then click **Continue**.

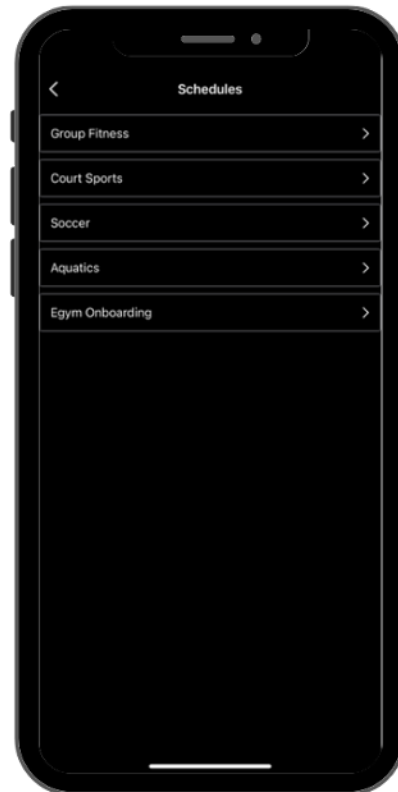


YMCA360 MOBILE APP

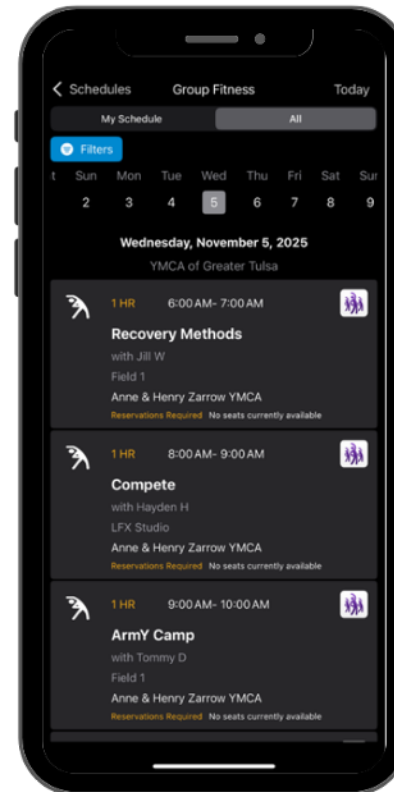
How to View Group Exercise Classes



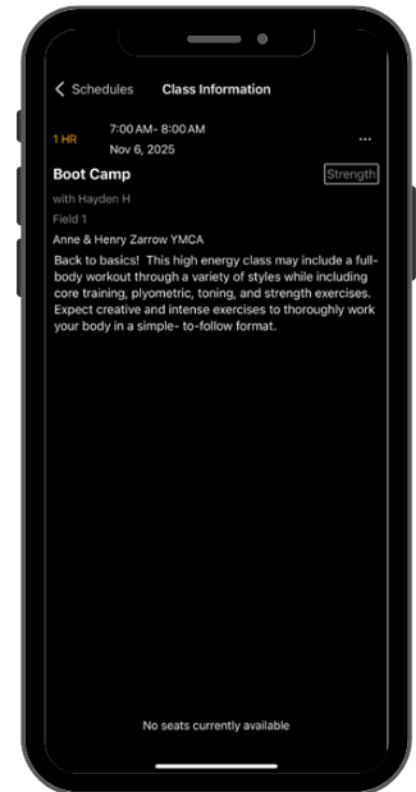
Click “My Schedule”



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.

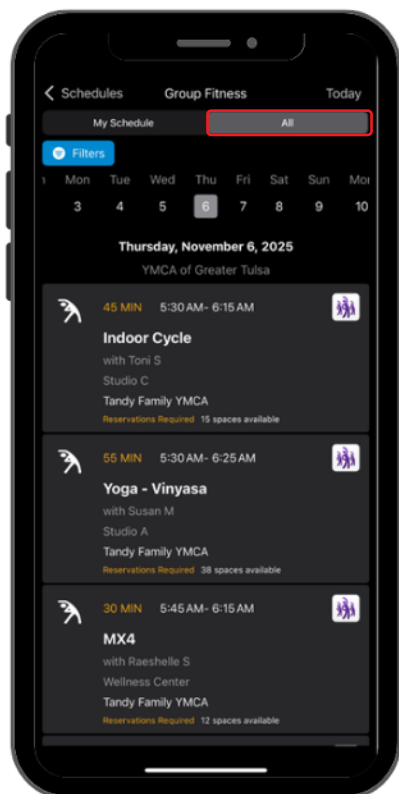


Once you click on the class you are interested in, you will see the class description.



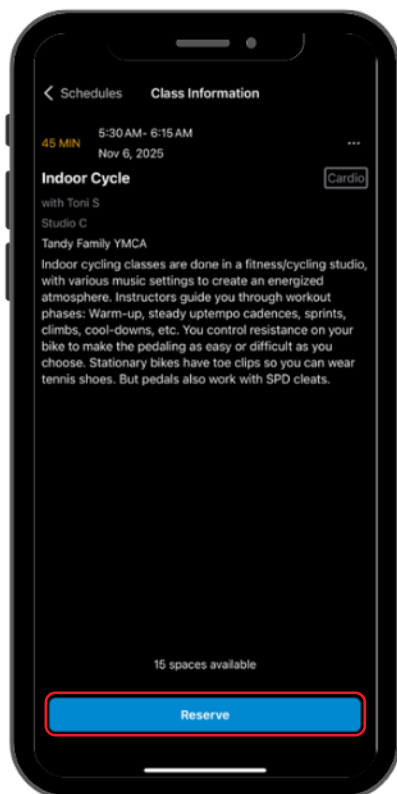
YMCA360 MOBILE APP

How to Sign Up for Group Exercise Classes

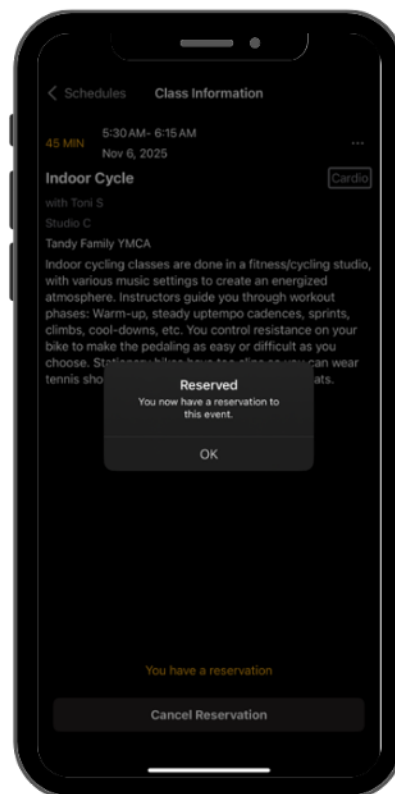


To sign up for a new class, click "All" to see all offered classes.

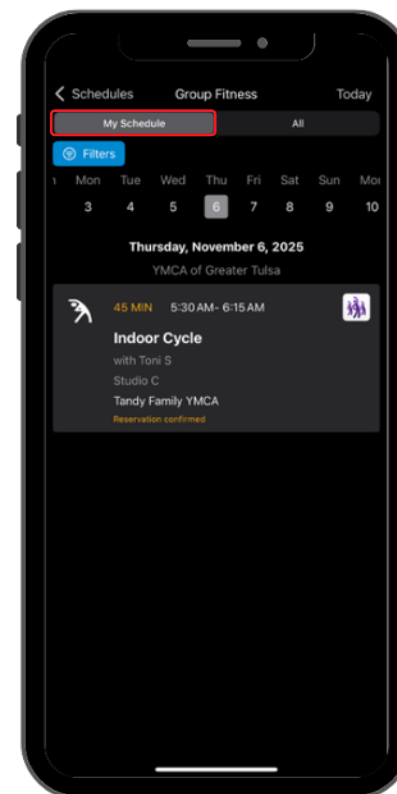
Then click on that class you are waiting to sign up for



Click the blue "Reserve" button on the bottom of your screen to sign up for the class.



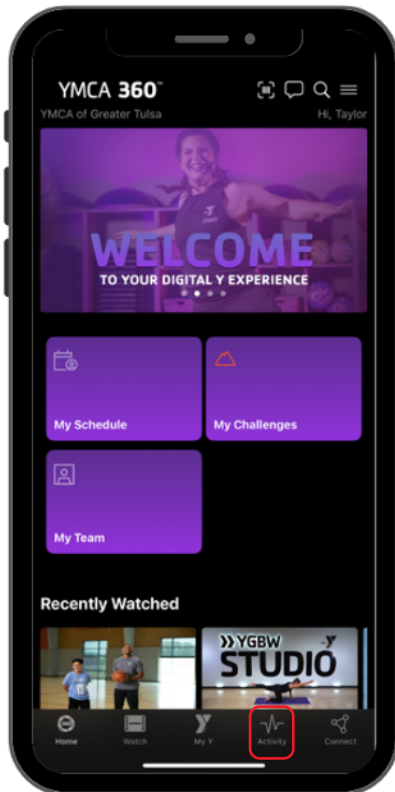
Once you have reserved the class, you should have a confirmation pop up on your screen.



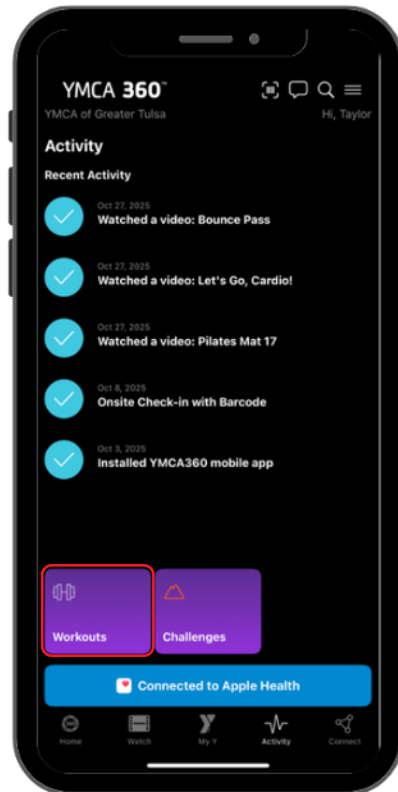
Once you have sign up, you will be able to view all of the classes you are registered for in "My Schedule"

YMCATM 360

YMCA360 MOBILE APP How to Track Activity

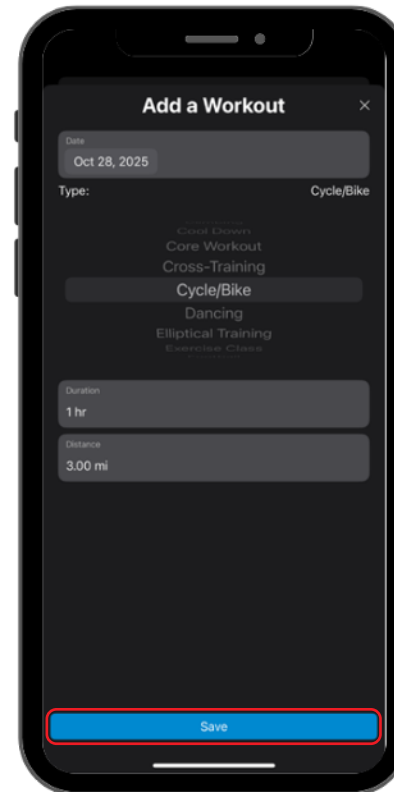


On the bottom of your screen, click the **Activity** button.



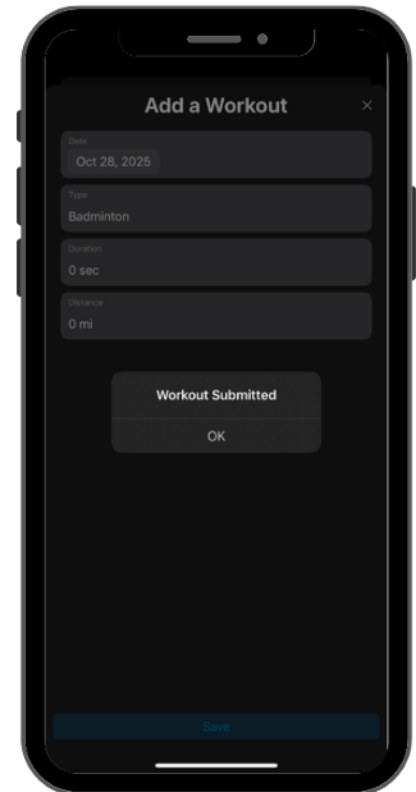
Activity history shows in chronological order.

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



Make your selections and **click Save**.

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

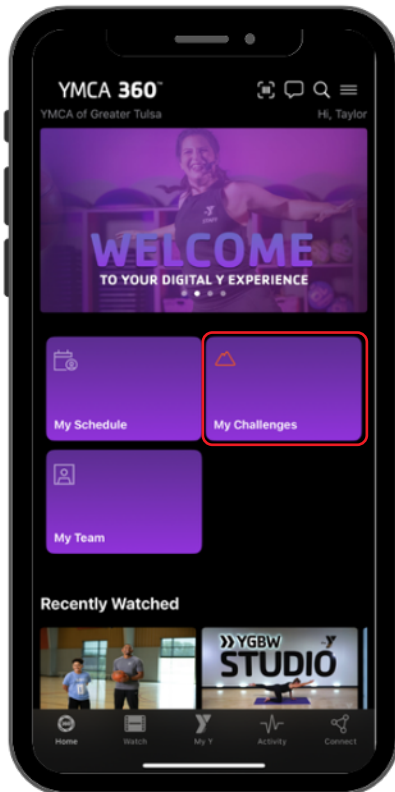


After clicking Save, the form will reset and will now show in your active history.

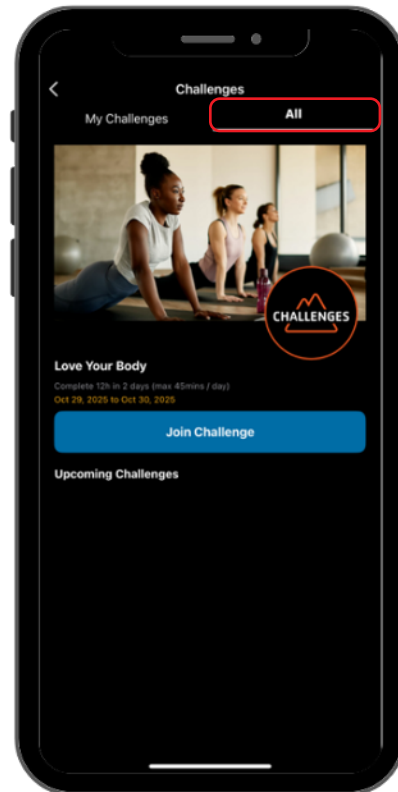


YMCA360 MOBILE APP

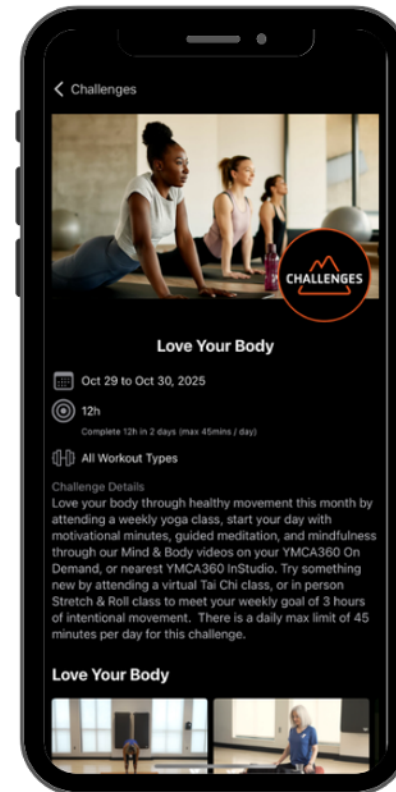
How to Join a Challenge



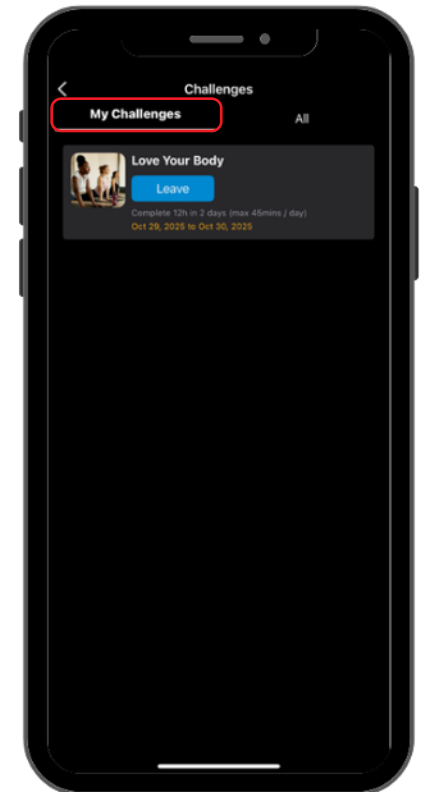
Click “My Challenges”



Click on the “All” tab to see all eligible Challenges.
Select “Join Challenge”



You can click on the Challenge to see the Challenge details.

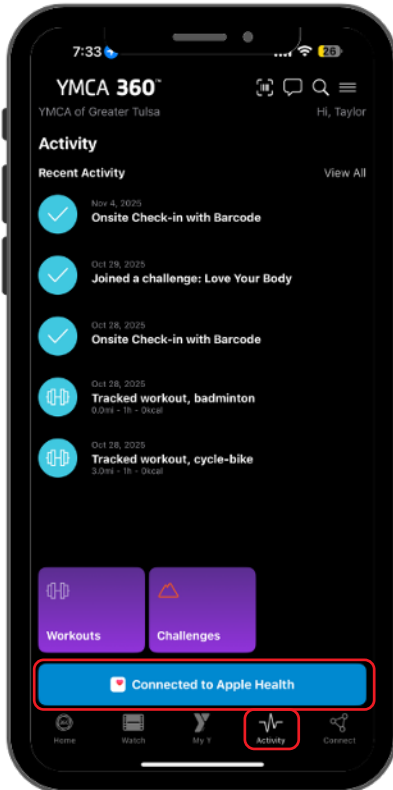


The Challenges you are participating in will show in the “My Challenges” tab.

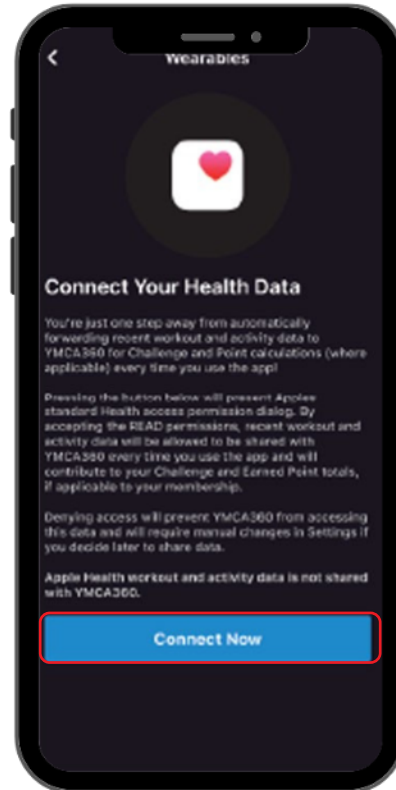


YMCA360 MOBILE APP

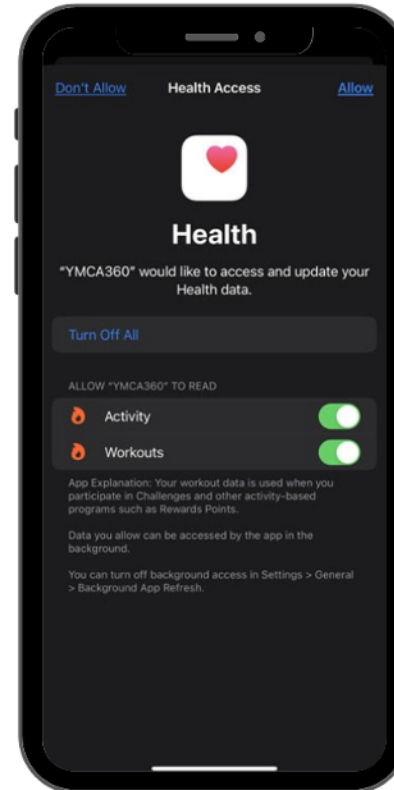
How to connect to a wearable device – Apple



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.

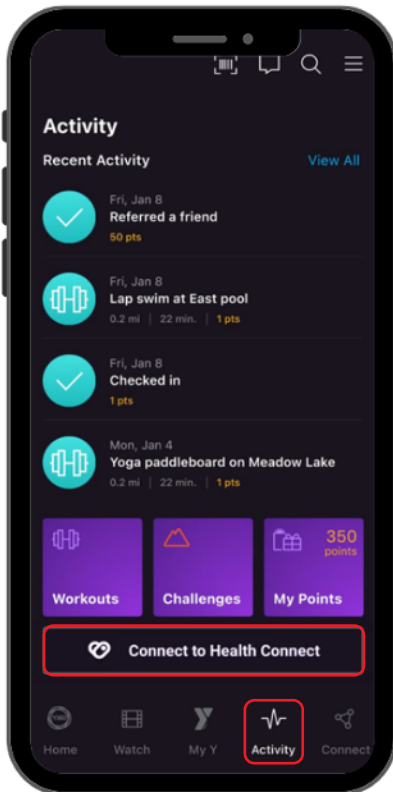


Once successfully synced, you can edit access anytime by clicking the blue button.

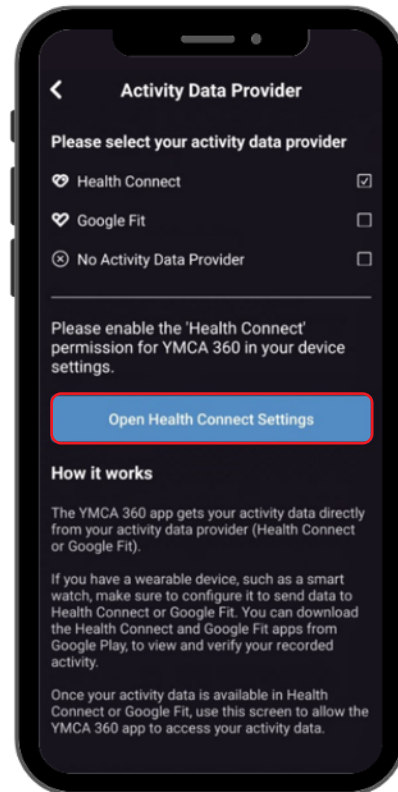


YMCA360 MOBILE APP

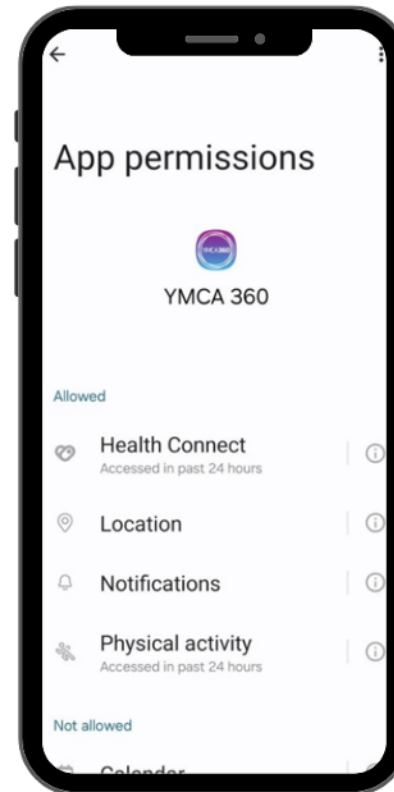
How to connect to a wearable device – Android



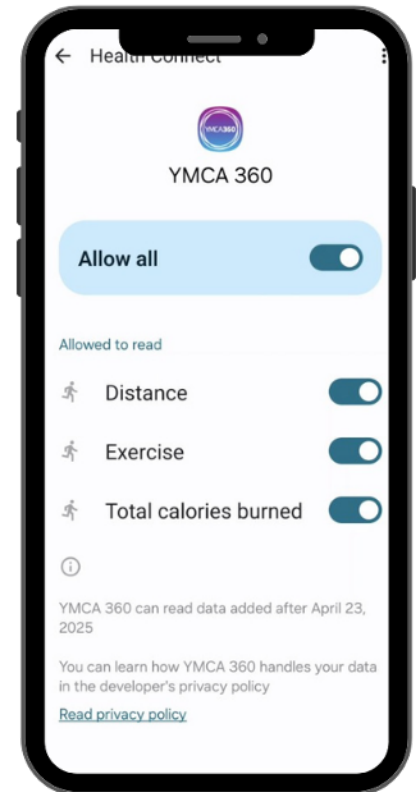
Select the Activity Page and click **"Connect to Health Connect"**



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



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



Toggle what information you want to allow YMCA360 to have access to.

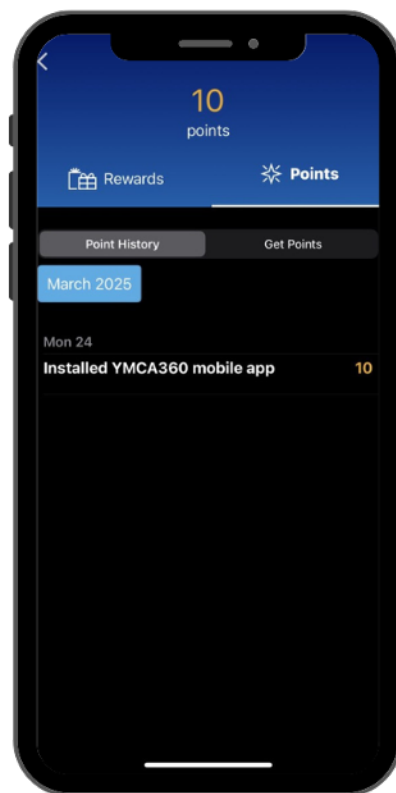
YMCATM 360

YMCA360 MOBILE APP

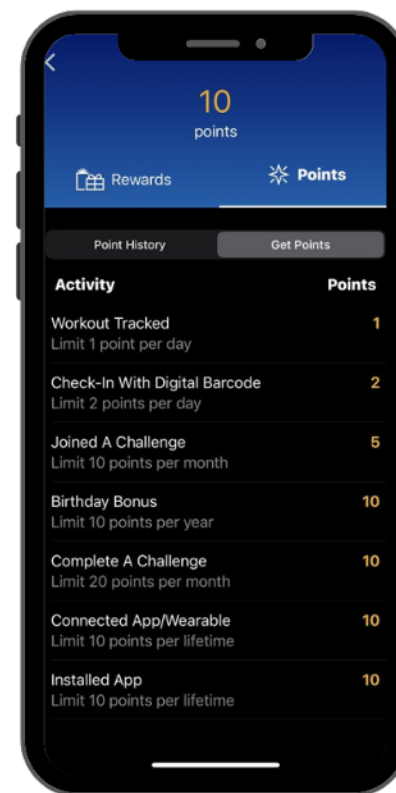
How to Earn Points



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.

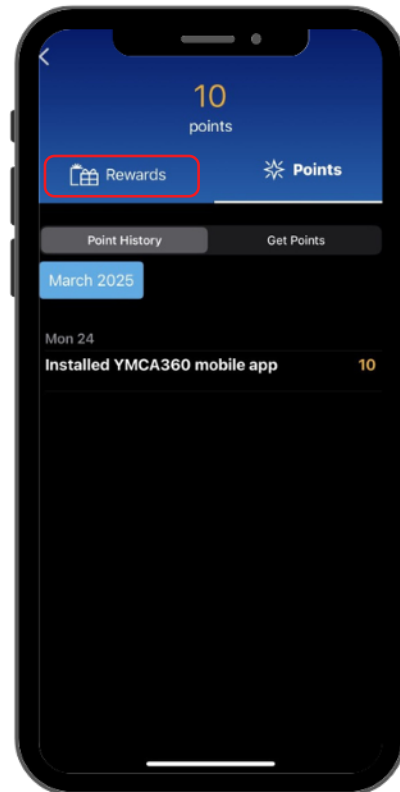


YMCA360 MOBILE APP

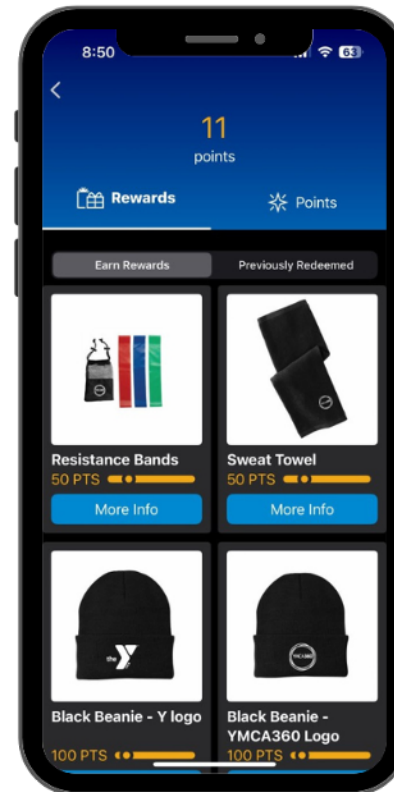
How to Redeem Points for Reward Items



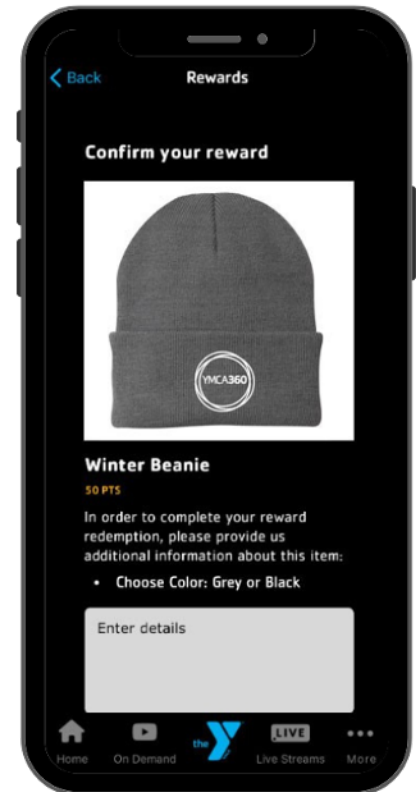
Click the “My Points” button in the main menu.



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.