



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNLOAD OUR NEW, UPGRADED MOBILE APP!

## This is not your regular Y app...

You can now join challenges, find workouts, look up classes, earn rewards, and so much more!

**It's simple to start using! As a YMCA Facility Member, you have access to the App at no cost. Download and join in three easy steps!**

- 1.** Search "YMCA of Vineland" in your App Store (available in Apple and Android) and download
- 2.** Once downloaded, use the login button to begin. Use the email associated with your Y account (you can contact Member Services if you are unsure), and set your password.
- 3.** Login, you're all set!



**We recommend adjusting your settings to your preferences and completing your profile to customize your experience.**

## New features in the app include:

- Training plans with exercise examples
- Customize your training plans with a database of exercises!
- Connect your YMCA scan card
- Link your fitness tracker
- Log your workouts
- Participate in challenges to win rewards
- View classes
- Monthly rankings – see where you stand amongst other Y members!
- BioAge analysis

**The App is easy to use and we can't wait for you to get started!**

**See a Member Services or Fitness Attendant for assistance, if needed.**

**Cumberland Cape Atlantic YMCA**

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