



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER & DECEMBER Y APP FITNESS CHALLENGE

Be the first person to burn 6,000 calories on our Y App and win a prize!

All who complete the challenge during the months of November & December will be entered into a raffle to win a prize*.

Don't have the app yet?

Download it today and receive an additional raffle entry. To download the app, simply search "YMCA of Vineland" in your app store.

*More than 1 winner will be selected.



NEED HELP?
See a Fitness
Attendant for
assistance.

FEATURES OF THE Y MOBILE APP:

- Training plans with exercise examples
- Customize your own training plans with a database of exercises!
- Connect your YMCA scan card
- Link your fitness tracker: Fitbit, Apple Watch, Garmin, Polar, MyFitnessPal, and more
- 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!

Cumberland Cape Atlantic YMCA

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