



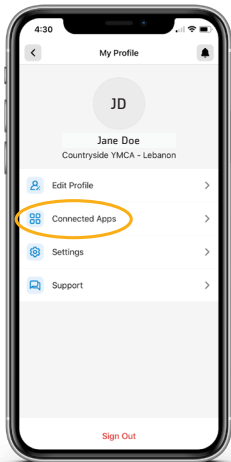
COUNTRYSIDE YMCA APP

Download our app from your Apple or Android app store by searching 'CountrySide YMCA' to gain access up to date hours, classes, training plans, news and more for all of our locations.

CONNECTING OTHER APPS

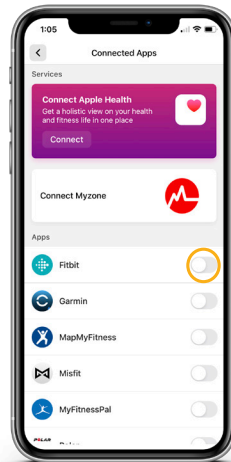


Tap your initials



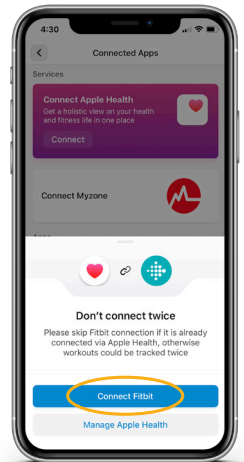
Tap Connected Apps

You can also edit your profile, view your settings and access support help on this screen



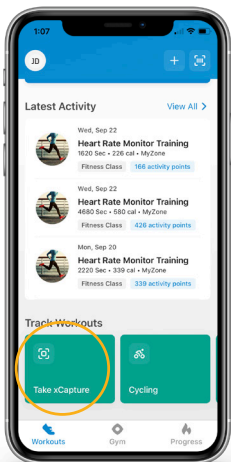
Toggle your device on

You can connect your other fitness devices: Fitbit, Garmin, Myzone and more

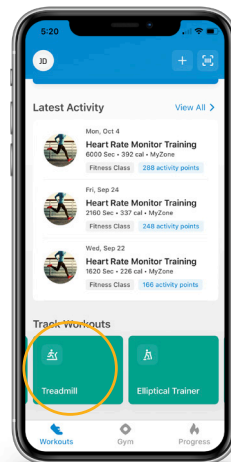


Tap Connect and follow the prompts

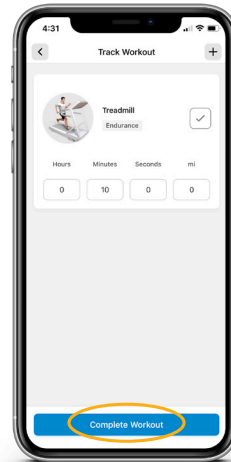
TRACKING WORKOUTS



Take xCapture - taking a photo of the machine data

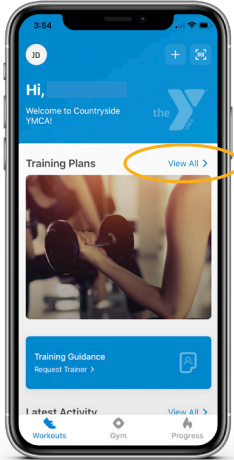


Track individual exercises and log it with time spent and complete workout

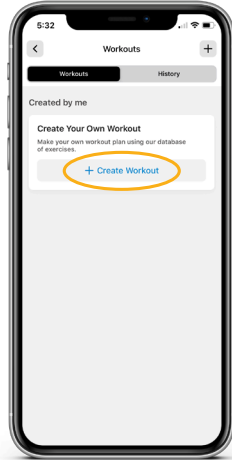


Track automatically if you connected one of your fitness devices

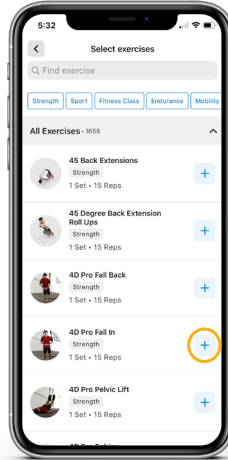
TRAINING PLANS



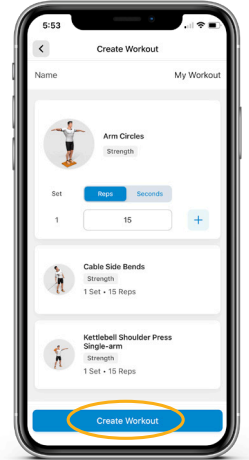
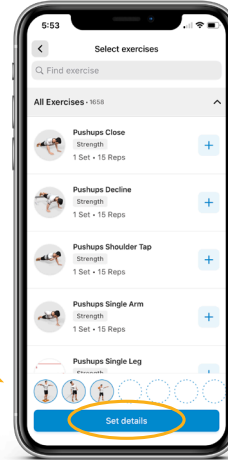
View All Training Plans



Create a new training plan or browse existing ones.



Browse and select exercises by choosing from the hundreds of exercises from our library, once complete tap set details



Set details of each exercise, once complete tap create workout

To learn more about our app visit countrysideymca.org