



WORKOUTS AT YOUR FINGERTIPS

INTRODUCING YMCA360

FREE with your YMCA membership

We know life gets busy! That's why we're excited to provide our members with **YMCA360: A Virtual Fitness option offering on-demand, livestream workouts and more.** This platform allows you to workout from home when you need to, or workout while away on vacation. Anytime you want to workout with the Y! You can access YMCA360 on your phone, on the web or on Apple TV. And best of all: **It's free for our members.**

HOW TO START:

VISIT DaytonYMCA.org/YMCA360
OR Download the YMCA360 app on your phone, Apple TV, Roku or Android TV.

- Type in your zip code and choose your membership branch.
- Type in your email address and get your verification code.
- Now you're ready to workout!

Join YMCA360 for the following and more:



AVAILABLE ON MOBILE • WEB • APPLE TV • ROKU • ANDROID TV



APP ICON

