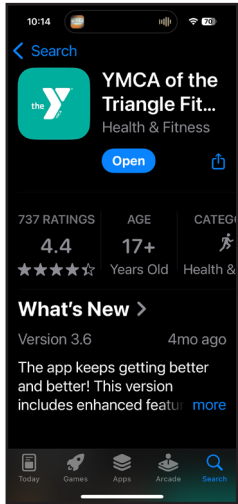
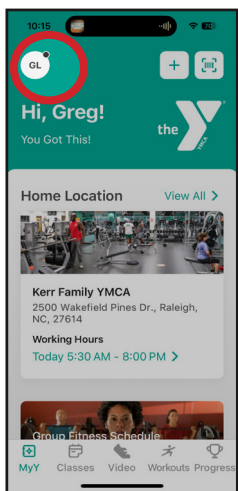


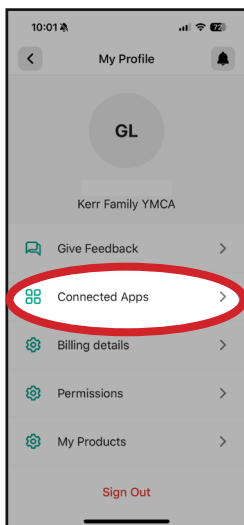
Want to connect your workouts to our YMCA Mobile App to track your workouts? Follow these steps to download and use our app(iPhone Directions)!



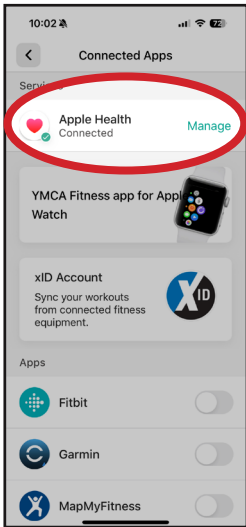
Be sure to search the app store for "YMCA of the Triangle" and download the app if you haven't yet.



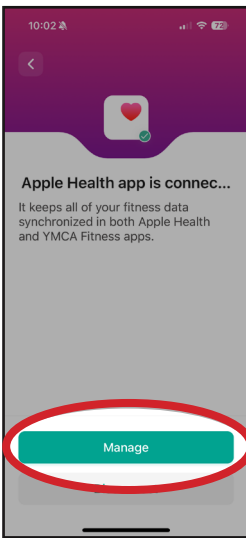
Once you set up your profile, tap the your initials in the upper left corner of the home screen.



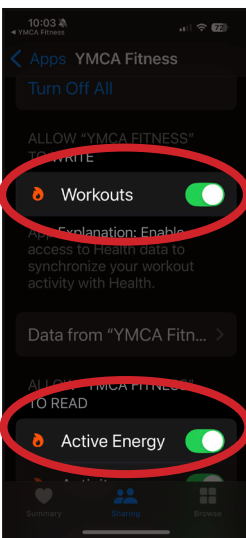
Tap "Connected Apps."



Tap "Manage" next to the Apple Health link at the top of the page.



Tap "Manage" at the bottom of this page.



Give YMCA Fitness access to the "workouts" toggle. We recommend giving the app access to all other data on this page. That's it! You're all set to track workouts in the YMCA App. Some workouts may take 24 hours to populate in the app.