



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONNECT WITH US

## DOWNLOAD THE NEW APP!

**Challenges:** Challenge yourself and your friends. Challenges are based on completing a number of workouts, workout duration, distance, or calories burned.

**Goal Center:** Set work-out goals and track them.

**Record:** Record each work-out.

**Workout History:** Track your weekly fitness routine.

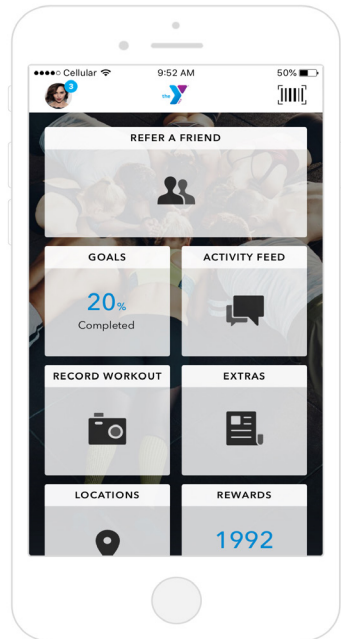
**Get Connected:** Connect your fitness apps, smart watch and all of your devices.

**Program Registration:** Register for a YMCA program directly from your phone.

**Schedules:** Get the latest schedules and events.

**Personal Training:** Schedule an appointment with a Personal Trainer.

**Scan & Go:** Use the app to scan your Y card!



Available on the  
**App Store**



LAFAYETTE FAMILY YMCA