How do I download the app?

- Search for "YMCA of Virginia's Blue Ridge" in the App Store or Google Play, then install.
- Make sure allow push notifications (and use a valid email address) to stay current with any closings, delays, news, etc.
- Open the app and create an account if you do not yet have one.
- Create your xID: click on the initials in the upper left corner and select xID settings. We recommend changing your xID number to your 10-digit phone number. This number can be used to sign-in to your App account and on select Matrix fitness equipment to track and personalize your workout activity. To complete, enter a 4-digit numeric passcode.

How do I scan the app at the Welcome Desk?

After downloading the app and entering in your information, tap on the barcode image at the top right. Enter in the number from your key fob and follow instructions.
YMCA of VBR App FAQ

Find A Class

Once the app is opened, tap the first tile, “Find a Class”. You should see your home branch schedule. You can then add classes to your calendar from there. To toggle between branches for schedules, tap on the word “search” at the bottom and select the desired branch.

Record A Workout

There are 2 ways to record your workouts:

- Choose xCapture to take a photo of the desired console or activity (must be written on a piece of paper or on a console). Users can also snapshot their wrist devices (Apple Watch, Garmin, etc.).
- Record Manually – Can be used to manually enter a workout if user does not have a wrist unit or is not at a machine console. For example; free style boot camp or lifting weights on the wellness floor.
YMCA of VBR App FAQ

Connected Apps

Inside the app, at the bottom, select the tile called “Connected Apps.” Find the device desired and users can sync here.

Challenges

Challenges will be used both on an association and branch level periodically to drive users to complete a workout with an award. Any open challenges can be found in the Challenge tab. Tap “join” to join the challenge!

Goal Center

This area can be used by individuals to set goals for themselves. You can set goals such as “number of workouts”, “distance”, “time” and “calories”.

Workouts

Users can see the progress of their workouts by day, week, month
YMCA of VBR App FAQ

Y Programs

Learn more about the YMCA’s programs like Youth Sports, Aquatics, Camp, Childcare, National Membership, Health & Wellness, etc.

Offers

You can find coupons, specials, or current deals here!

Training

Individuals can request an assessment or a trainer in this tile. An email is sent to each branch with your request.

Activity Feed

This is an app-centered social media environment. Members, staff, trainers, etc. can “applaud” the workouts of peers. This area of the app is a great tool for social engagement and extra touch points with members.