

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

YMCA UNIVERSAL APP How-To Guide

 TAMPA METROPOLITAN AREA YMCA
 DECEMBER 2021

DOWNLOAD



FIND YOUR YMCA

Search your nearest YMCA by either Center name or ZIP code, and get the location details.

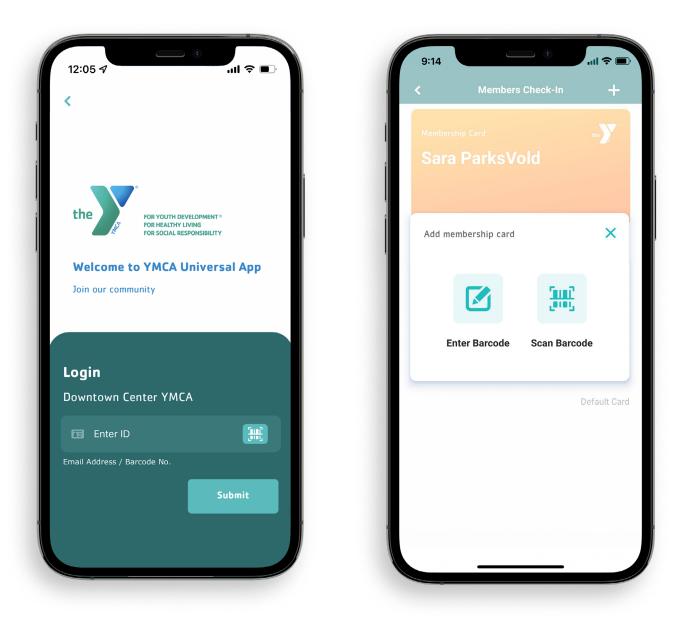
Find Branch	K Branch Details
Q Search by branch name or zipcode	
La k	DOWNTOWN YMCA WELLNESS
	CENTER
Sierra North Tampa Family YMCA	Tampa Metropolitan Area YMCA
Great	
Northdate TAMPA PALMS	Open 1.13 miles
Citrus Park University	
Greater	104 S Franklin St, Tampa, FL 33602-5328
eigh County Failwily YMCA	& (813) 229-1305
Terrace	· · · · · · · · · · · · · · · · · · ·
Town 'N'Lake-Leto Del Rio	Website : Downtown YMCA Wellness
Country	Center
East North Br	Key Hours of Operation
Downtown Center YMCA ^{Park}	Sunday : Closed
WESTSHORE	Monday : 5:30 AM to 9:00 PM
SOUTH TAMPA	Tuesday : 5:30 AM to 9:00 PM
South Tampa Family YMCA Palm River-Clair	Wednesday 5:30 AM to 9:00 PM Wednesday : 5:30 AM to 9:00 PM
FAIR OA 8 - Mel Mel	Thursday 5.30 AM to 9.00 PM 5:30 AM to 9:00 PM 5:30 AM to 9:00 PM
	. 5.50 AM to 9.00 PM
MANHATTAN	Friday : 5:30 AM to 9:00 PM

ADD MEMBERS

Enter your email address or scan the barcode on your keytag to get signed-in.

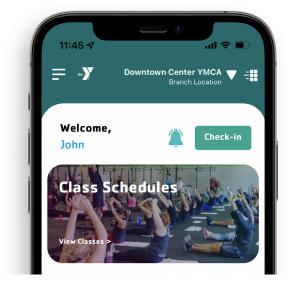
Addtional members can be added by:

- >> Selecting the Check-in button on the home screen
- >> Tapping the "+" icon
- >> Entering barcode for all additional members associated with your membership



FIND CLASSES

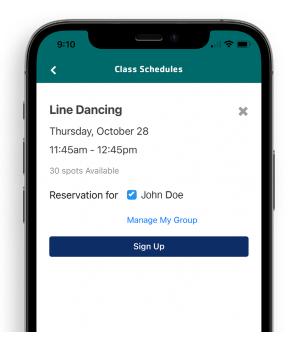
On the home screen select "Class Schedules" Narrow your classes by selecting your location and day

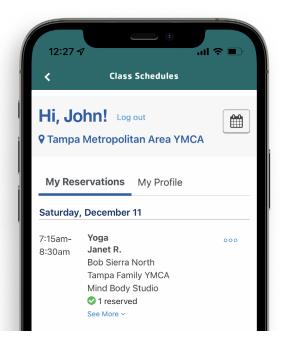




RESERVE CLASSES

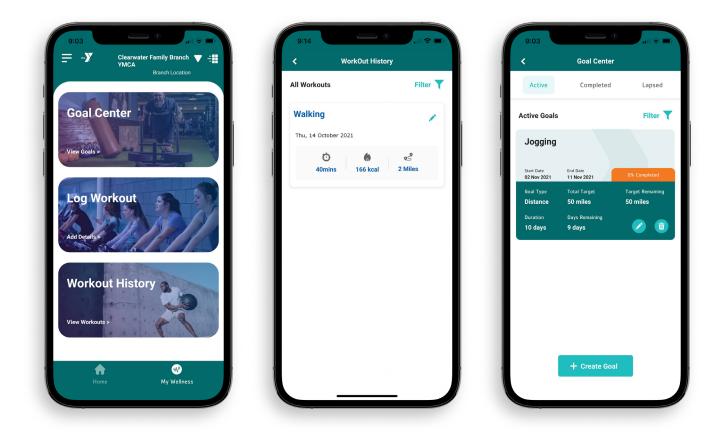
- >> Tap "Sign Up" next to the class you would like to reserve a spot in
- >> To complete/confirm your reservation you will need to log-in or create a Group Ex Pro account. Upon making a reservation you will receive email confirmation within 5 minutes
- Manage your reservations on the Group Ex Pro home screen by tapping this icon Here you can cancel, edit or add your reservation to your calendar





SET GOALS & TRACK WORKOUTS

"My Wellness" allows you to set fitness goals, log workouts and track your progress.



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