Greater Wyoming Valley Area YMCA
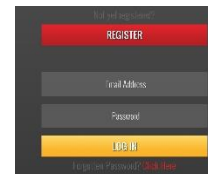
Directions to download and use the MyZone app for online classes

1
To download the app:
Go to Google Play or the App Store on your smart phone.
Search and select the MyZone app.
Click to install it.

Myzone®
MYZONE · Health & Fitness
4.7★ ⊞ 100K+

2
Once installed, OPEN the app and you'll see this screen. Click on REGISTER.

3
Enter this information:

Facility Code: (all caps!) YMCAUS090 for Wilkes-Barre
                        YMCAUS178 for Pittston

If you do not have a Myzone belt*, the Belt ID will be: 0

If you do have a Myzone belt, the Belt ID will be your on the back of your Myzone belt module or box

Enter your email address.
Create and enter your own password.
Hit NEXT.

4
You will be prompted to enter some personal details.
Enter your first name, last name, birthday, gender, hit NEXT.
Enter your weight and height hit DONE.

If you have Bluetooth enabled, it will ask some questions about it.

You will then see this screen with a WELCOME message. Click NEXT under the Welcome Message.
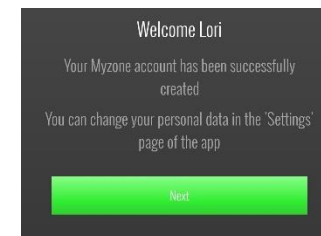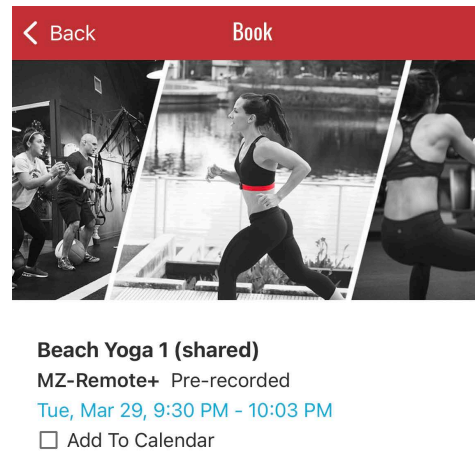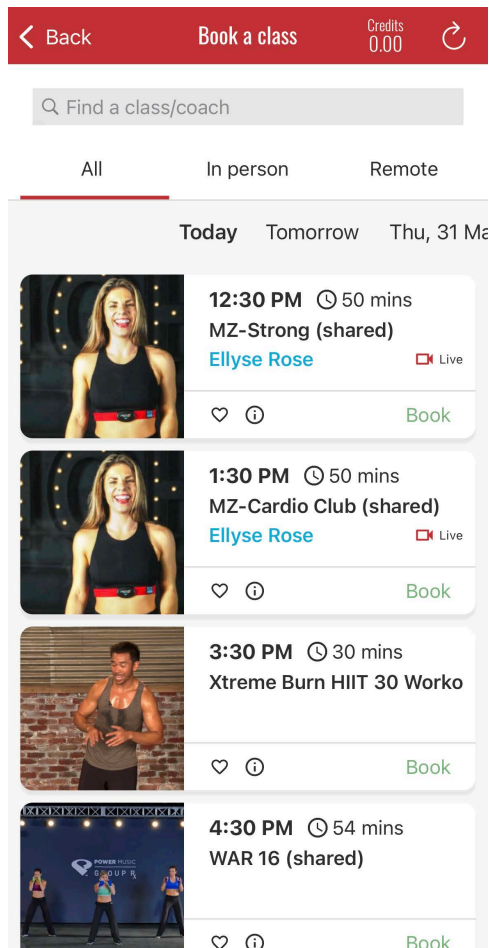
5 You will be prompted to connect with others. You can do this or click the DONE button to skip connecting for now. You do not have to connect with anyone on the app in order to participate in online classes.

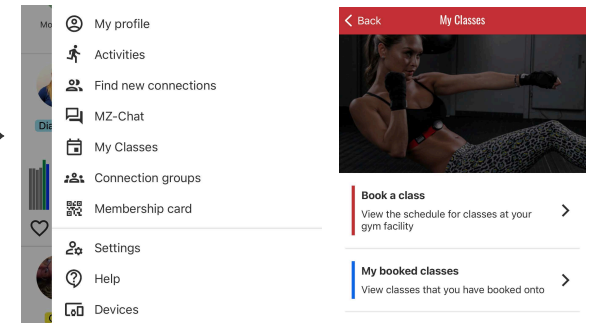You may be prompted to enable or deny your location.

You will be prompted complete the privacy policy.

6 Once set up is a complete, use the drop down menu in the upper right to **select "My Classes"** →
Choose to book a new class or view classes you have already booked.
Don't forget to add classes to your calendar so you never miss a beat!

My profile

Activities

Find new connections

MZ-Chat

My Classes

Connection groups

Membership card

Settings

Help

Devices

‹ Back   My Classes

Book a class
View the schedule for classes at your
gym facility   ›

My booked classes
View classes that you have booked onto   ›

‹ Back   **Book a class**   Credits
0.00

🔍 Find a class/coach

All   In person   Remote

Today   Tomorrow   Thu, 31 Ma

12:30 PM 🕐 50 mins
MZ-Strong (shared)
Ellyse Rose   🎥 Live
♡ ⓘ   Book

1:30 PM 🕐 50 mins
MZ-Cardio Club (shared)
Ellyse Rose   🎥 Live
♡ ⓘ   Book

3:30 PM 🕐 30 mins
Xtreme Burn HIIT 30 Worko
♡ ⓘ   Book

4:30 PM 🕐 54 mins
WAR 16 (shared)
♡ ⓘ   Book

‹ Back   **Book**

Beach Yoga 1 (shared)
MZ-Remote+ Pre-recorded
Tue, Mar 29, 9:30 PM - 10:03 PM
☐ Add To Calendar

Book

HAVE A GREAT WORKOUT!