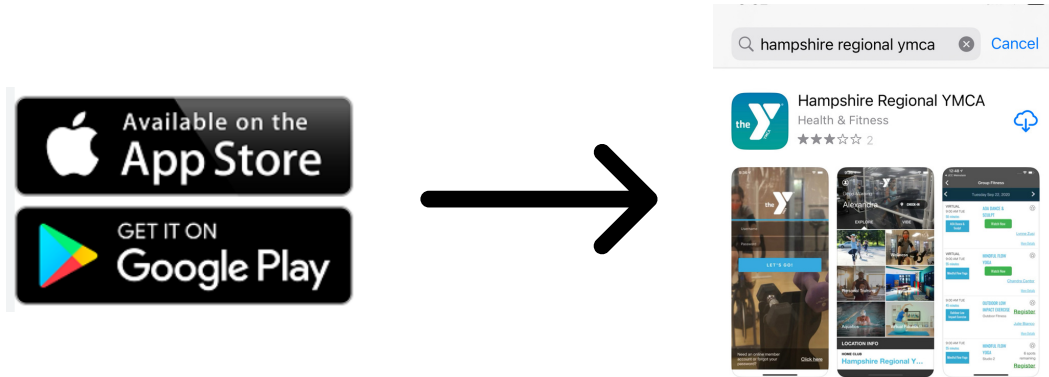




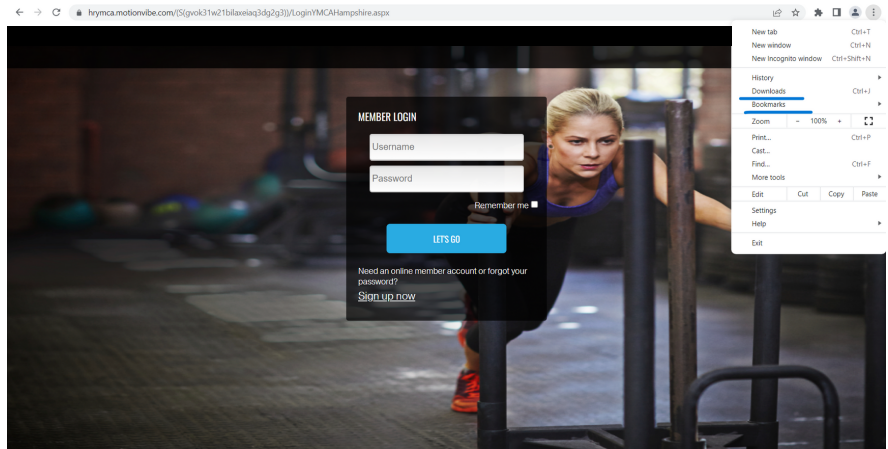
HAMPSHIRE REGIONAL YMCA MOTIONVIBE

Step 1: Download MotionVibe

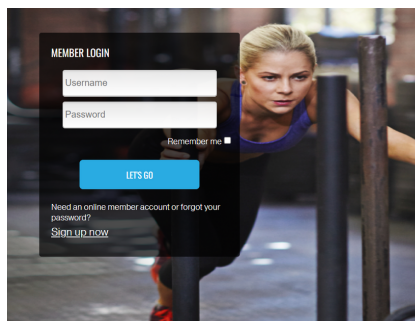
A. iPhone/Android Phone: Go to your App Store/Play Store and search “Hampshire Regional YMCA”



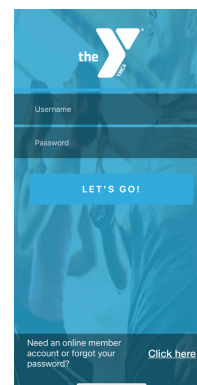
B. Desktop/Laptop Computer: Go to hrymca.motionvibe.com (bookmark this page to your desktop).



- Click **Sign Up now**. Enter your first name, last name, and the barcode number that is on your YMCA membership card then click **Continue**.
- Create a username and password then click **Continue**. Enter your birthday and email. The Home Club drop menu should say “Hampshire Regional YMCA”.
- Log into your new MotionVibe account.

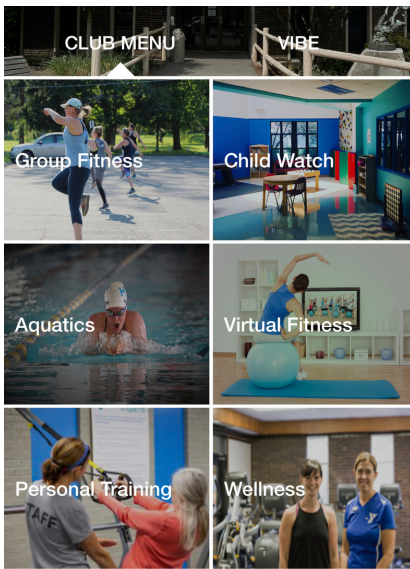


Desktop/Laptop view

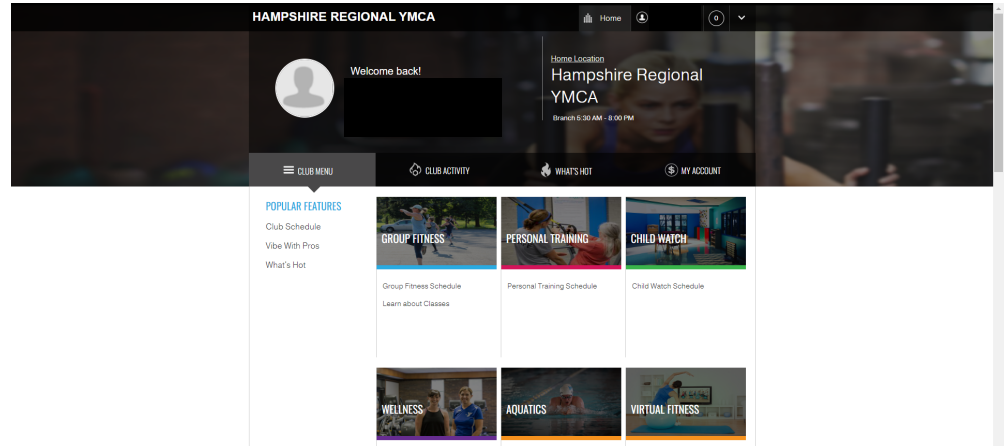


Phone view

Step 2: Navigating MotionVibe

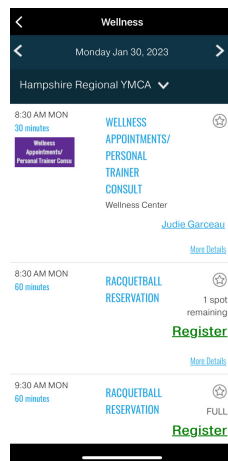


Phone view

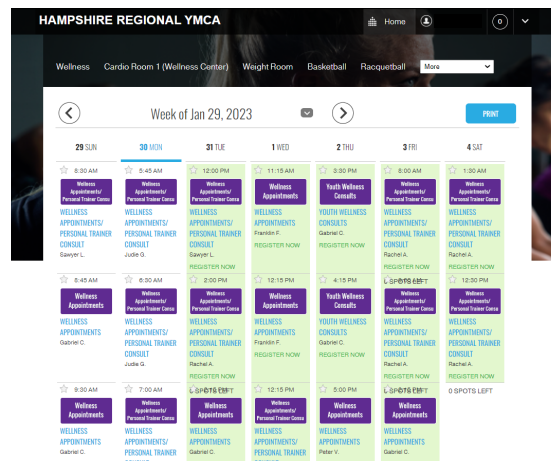


Desktop/Laptop view

- Use the **"Wellness"** tab to reserve a racquetball time, or to schedule, a free Wellness appointment, Nutrition, or Personal training consult to learn more about our cardio and strength equipment.

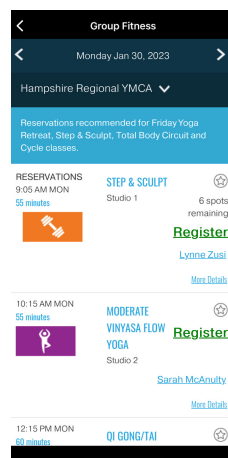


Phone view

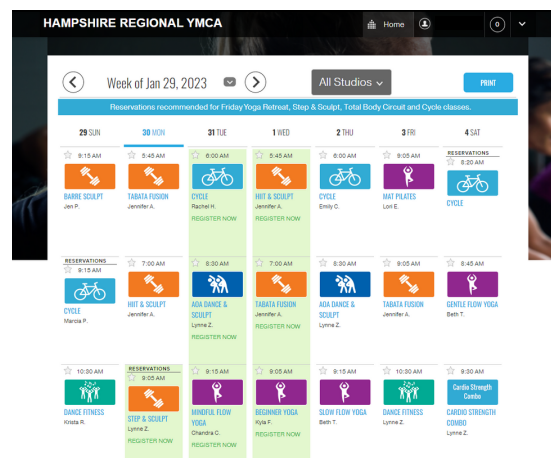


Desktop/Laptop view

- Use the **"Group Fitness"** tab to reserve a spot in any in-person group exercise class. Reservations are recommended for Cycle, Step & Sculpt, Total Body Circuit and Friday Night Yoga Retreat, as space and equipment are limited in these classes.

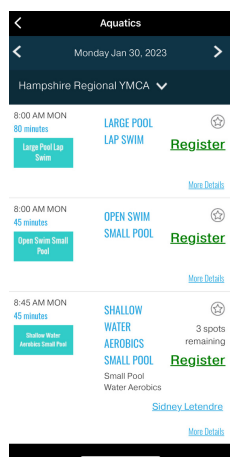


Phone view

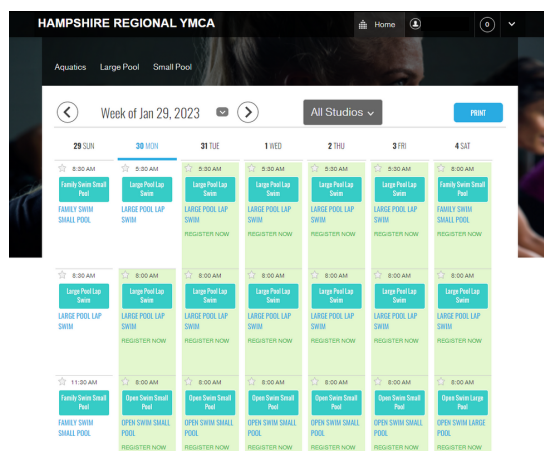


Desktop/Laptop view

- Use the **"Aquatics"** tab to register for Aqua Aerobics classes and to see up-to-date pool schedules. Please note that reservation for Aqua Aerobics is required.

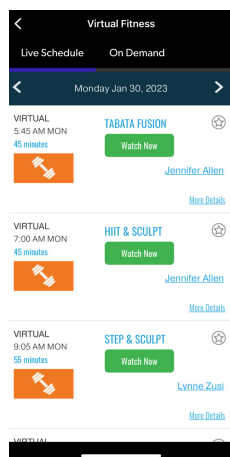


Phone view

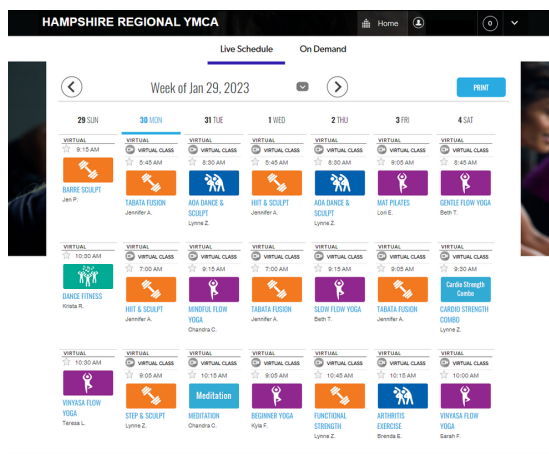


Desktop/Laptop view

- Use **"Virtual Classes"** tab to attend any virtual class (you do not need to register or reserve a spot for these classes). Use the Live Schedule tab to access classes on Zoom. Use the On Demand tab to access pre-recorded classes.



Phone view



Desktop/Laptop view

Step 3: Reserving/Registering for Spot

- Select your time slot or class and click **"Register"**.
- Registration for aqua aerobics classes and racquetball opens at 8:00AM.
- Registration for group fitness classes on land opens 48 hours ahead of the class start time for members. Non-members may register at the Welcome Center the day of the class.

***Although reservations are not required for all other group exercise classes, or for lap swim or open swim, registering on MotionVibe will give members the ability to be notified if a class is canceled or the pool is closed for any unforeseen reason.**