







**THE DOWNTOWN Ys:
YMCA AT THE ATHENAEUM
YMCA AT THE CITY MARKET
IRSAY FAMILY YMCA AT CITYWAY**

NO MORE WAITING IN LINE

**FOR MANY POPULAR CLASSES LIKE YOGA,
CYCLE, LES MILLS BODYPUMPTM AND MORE!**

RESERVE YOUR CLASS SPACE WITH THE FREE MINDBODY APP

- Search for “**MindBody**” in your App Store  
- Download the App. (It’s **FREE!**)
- Click the icon on your phone 
- Login with Facebook
or your email address
- Search in the top bar 
for “YMCA”
- Choose & Book Your Class!

Please see reverse for FAQs.
Please ask your Group Ex instructor
or any Membership or Wellness staff
if you have any other questions.





MINDBODY APP FAQs:



What is MindBody?

This app is a mobile registration system to reserve your yoga mat or Pilates space, group ex cycle, and Les Mills BodyPump™ class equipment.

Why?

Due to overwhelming demand for an easier way to “save” a bike, yoga mat or Pilates spot, or reserve equipment. You’ll save time, be guaranteed a space, and no longer have to wait in line!

As an added bonus, you can also view the Group Ex schedules for all three of our downtown locations in one convenient place.

Which YMCA Locations?

The Downtown Trio of Ys:

YMCA at the Athenaeum (Mass Ave. & E. Michigan)

YMCA at the City Market (Market & Alabama in the City Market)

Irsay Family YMCA at CityWay (South & Delaware)

Which Classes?

Reserve your spot for all classes at the Downtown Ys. ALL Group Ex classes are listed, so you can plan your workout calendar.

How Does it Work?

Simply search “YMCA” in the app, and choose your location and class. You can RSVP up to a week in advance! (Please be kind to your fellow members and cancel at least 8 hours prior to class start, if needed, so that the next person on the wait list may attend.)

Does it Cost Money?

The app is FREE, and these classes are FREE to Y members! Others may sign up for \$15 per day, payable at Member Services.

What if I Don't Have a Smart Phone?

Please see our Member Service staff at the desk for registration help. Your Group Ex Instructor can assist as well!