



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BRINGING TECHNOLOGY TO FITNESS

**NetPulse One App Available Now  
SARPY, SOUTHWEST, ARMBURST**

Keep track of your workouts, find classes, and connect with a personal trainer through our NetPulse One Smartphone App.

## **How to Find the App**

Visit the app store, search for  
“YMCA of Greater Omaha”

The App is FREE to download to any mobile device and connects to most wearable devices

## **Using the App**

- 1) Log-in with your X-ID, the id used to log into the equipment, if you don't have one, that's ok, you can create one using your phone number upon download of the app
- 2) Select your home branch & Set a goal
- 3) Connect with a wearable device or connect with a Matrix Treadmill, Ascent Trainer, or bike

It's that easy to keep track of your workouts, calories burned, communicate with other members, or find an exercise class to keep you motivated.

