

Y Wellness 24/7 “How To” Guide

How to access BurnAlong for the first time:

- After registering for your account using this link:
<https://well.burnalong.com/register/code/4YMCABC2Go>
- Log on to well.burnalong.com and enter your credentials
 - Save your login and password information for quick easy access every time

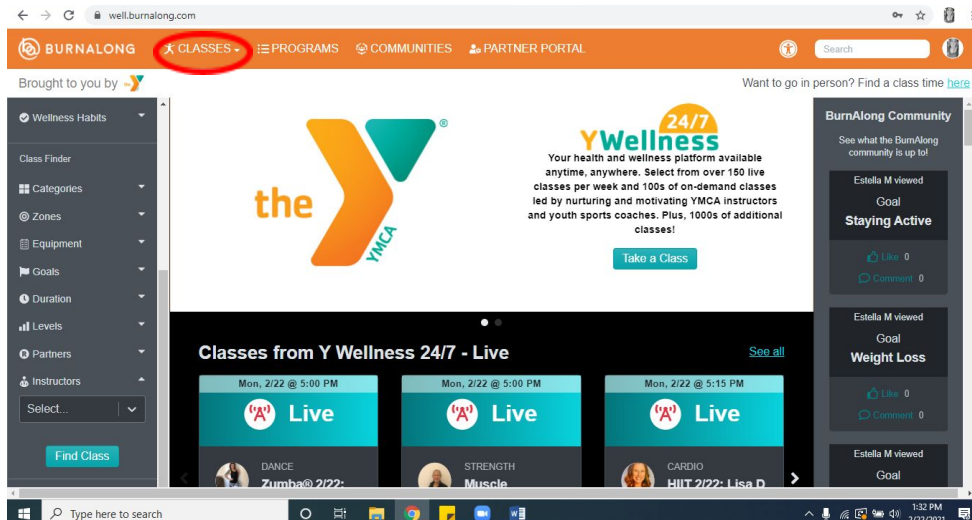
Helpful Videos

- **Edit your profile:** Watch [here](#)
- **Follow an Instructor:** Watch [here](#)
- **Change your password:** Watch [here](#)
- **Add a class to Favorites:** Watch [here](#)
- **Pin Virtual Platform to Home Screen of your Iphone:** Watch [here](#)

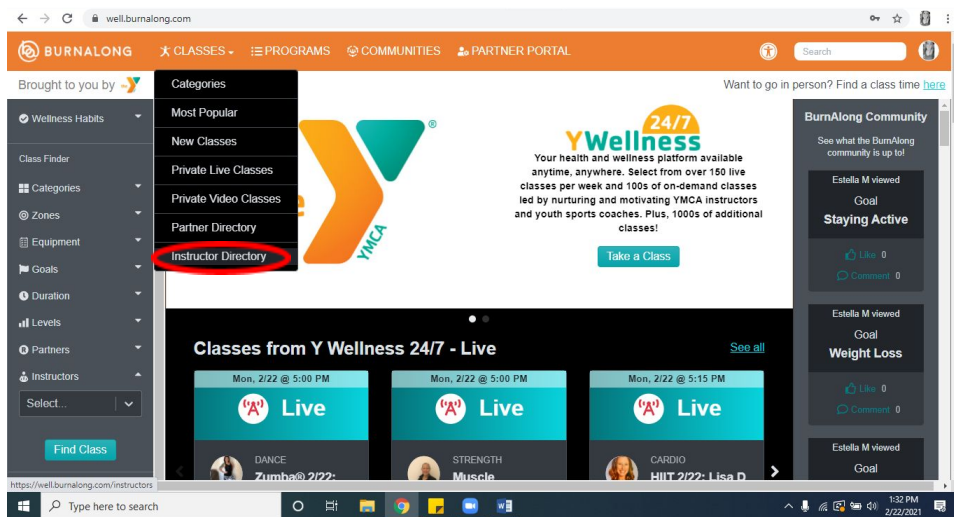
Step By Step Directions

How to identify and follow your favorite instructor:

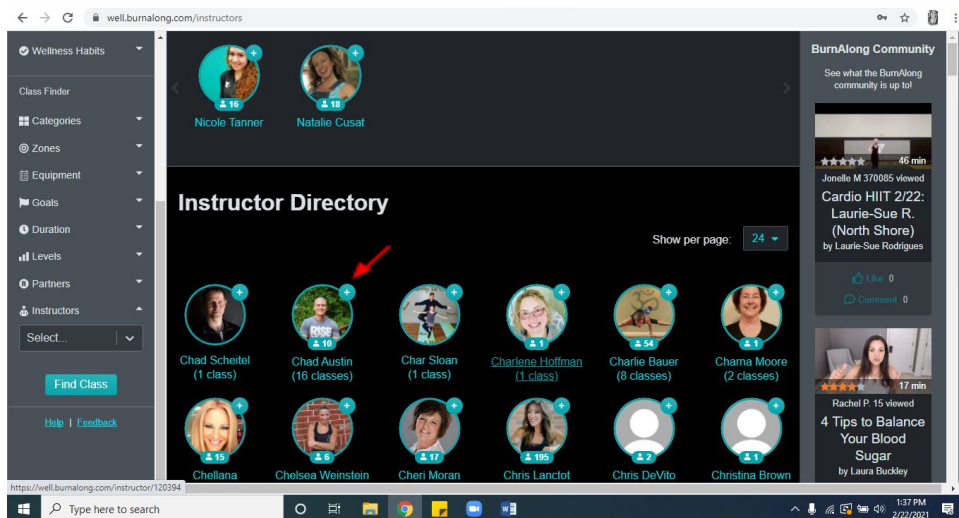
- Under the ‘Classes’ tab, select “Instructor Directory”



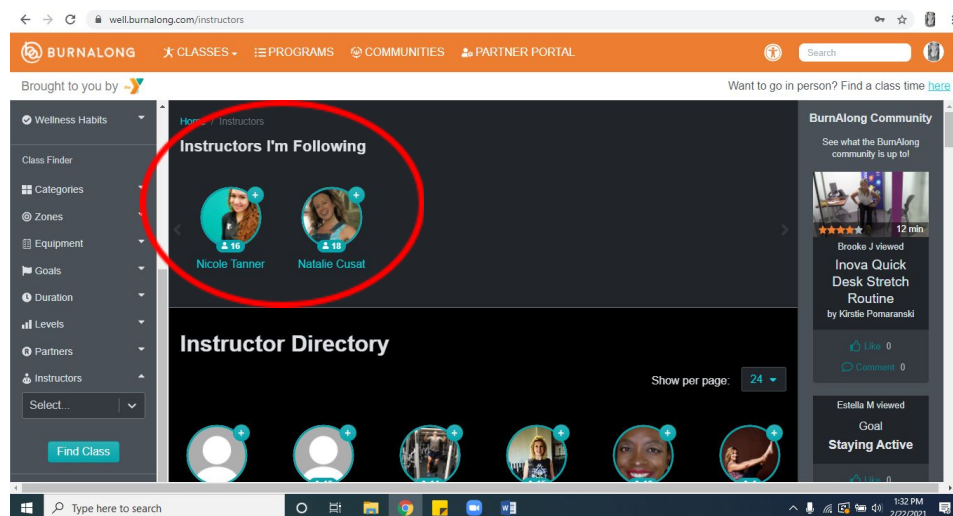
- Search the directory for your favorite instructor (the directory is in alphabetical order by first name)



- Once you have found your instructor, click the "+" on the top right corner of their picture



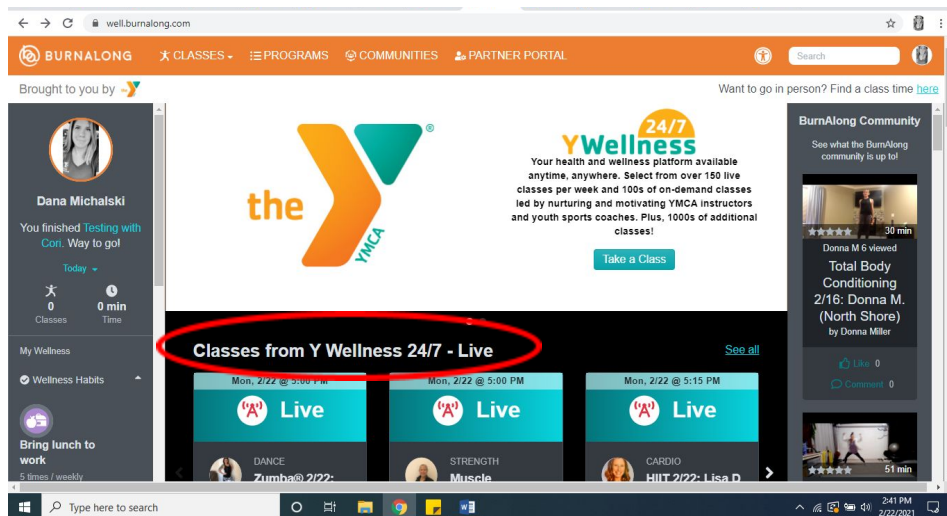
- Refresh your page and now your favorite instructor should now be listed on the top of your screen under “Instructor’s I’m Following”



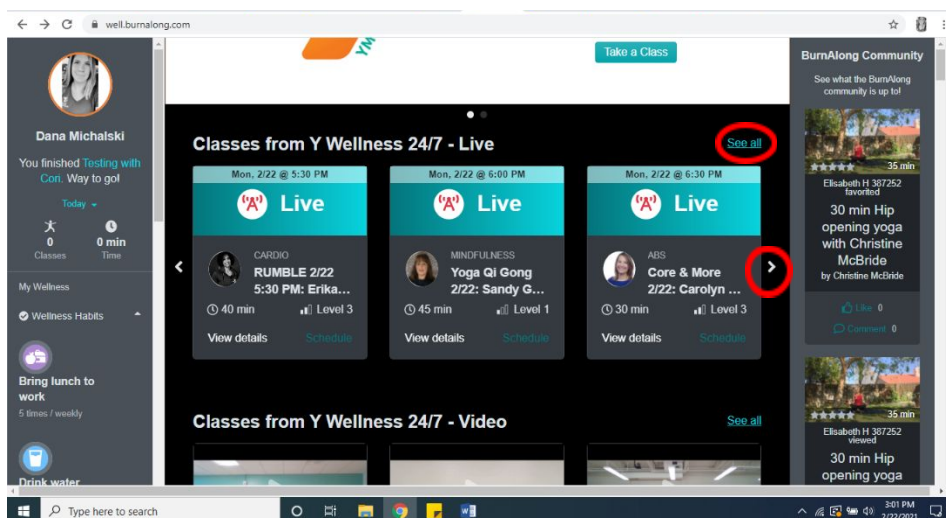
**Instructors you have selected to follow will also appear at the very bottom of your home page. (Scroll to the very bottom)
Clicking on the Instructor will take you to all their content saved in the "On-Demand" library.*

How to find LIVE classes:

- On the main page locate “Classes from YWellness 24/7 – Live”



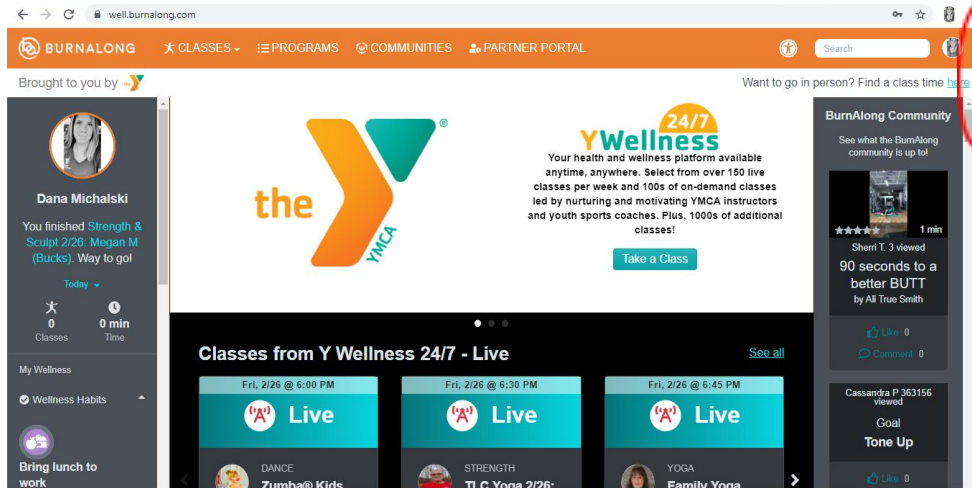
- Click "See all" or use the ">" button to find a particular class or to see the class line-up for the entire day.
**Classes will appear in chronological order according to date & time*



*If you choose to use the "See all" option you can change "Show per page:" from 12 to 24 or 48.

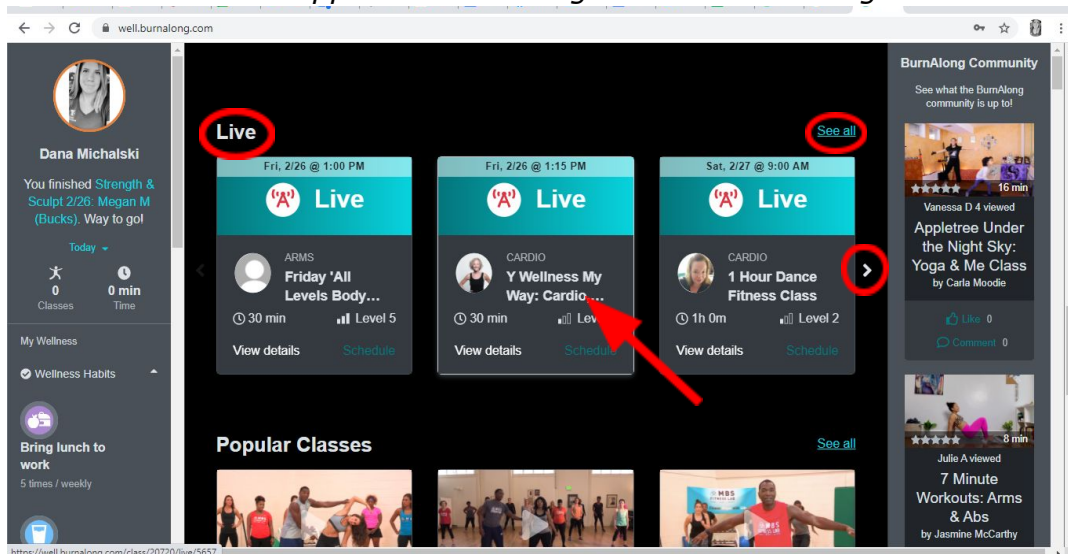
How to find "Y Wellness My Way" classes:

- Use the scroll bar on the right side to scroll down to the 'Live' class section



- Click "See all" or use the ">" button to find the "Y Wellness, My Way" class line-up for the entire day.

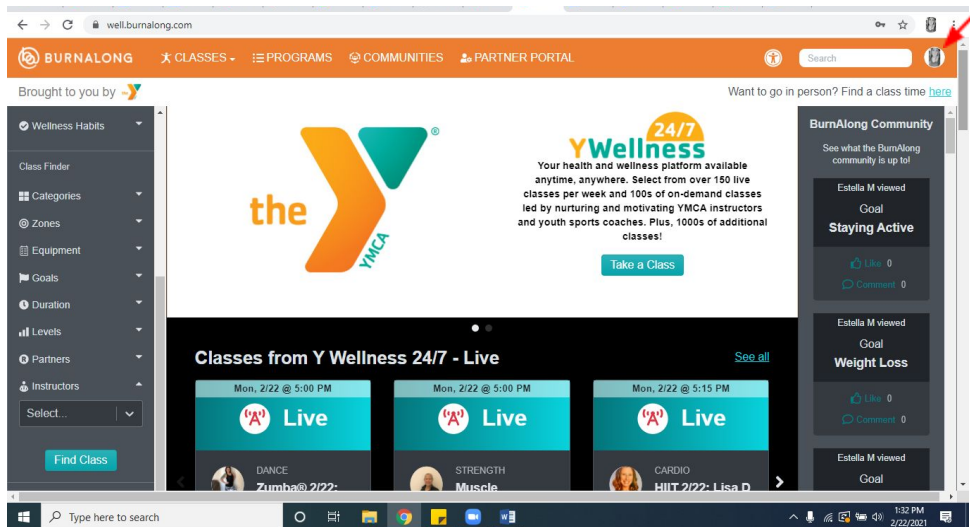
**Classes will appear in chronological order according to date & time*



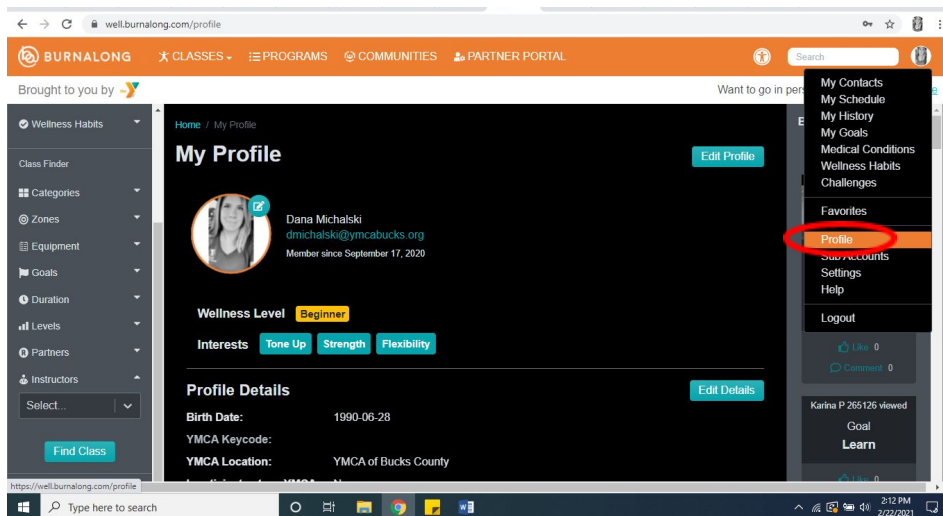
**You will see other live classes as well. Our identifier is "Y Wellness My Way"*

How to edit your profile:

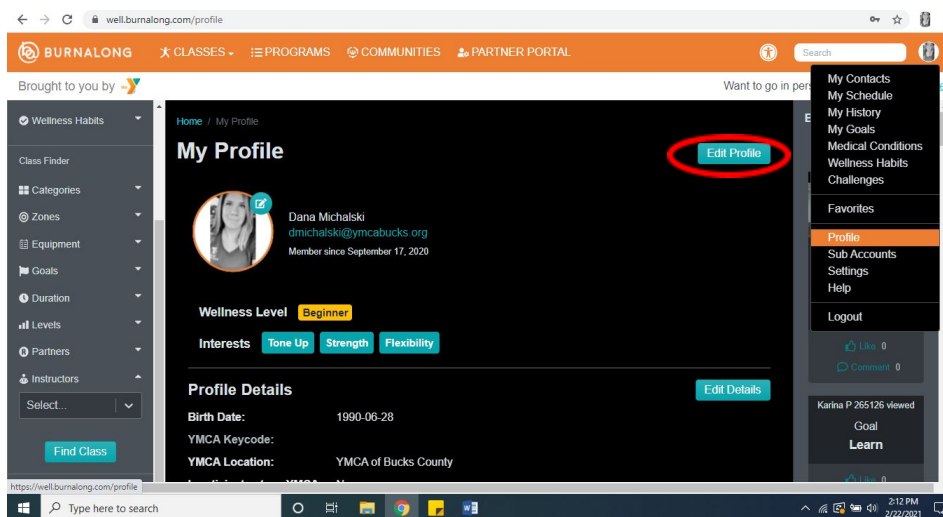
- After logging in, click the icon to the right of the search bar in the top right corner of the screen



- Click 'Profile', this will bring you to the 'My Profile' page



- Click 'Edit Profile' to edit your details



- **Important** - Edit your "Display Name".
 *This is the name Instructor will see when you leave a review.
If you do not edit your "Display Name" BurnAlong will automatically generate a "Display Name" for you by using your first name, last initial and a number.

The screenshot shows the 'Edit Profile' page on the BurnAlong website. The user's name is Dana Michalski. The 'Display Name' field is highlighted with a red circle and contains the text 'Dana Ann'. Other fields include Email (dmichalski@ymcabucks.org), Alternate Email, First Name (Dana), Last Name (Michalski), Country Code (+1), Phone Number, Date of Birth, Gender (Female), Height (5 ft 2 in), and Weight (150 lbs).

- Other options to edit are Alternate Email, First Name, Last Name, Phone Number, Date of Birth, Gender, Height and Weight

How to add/edit a profile picture:

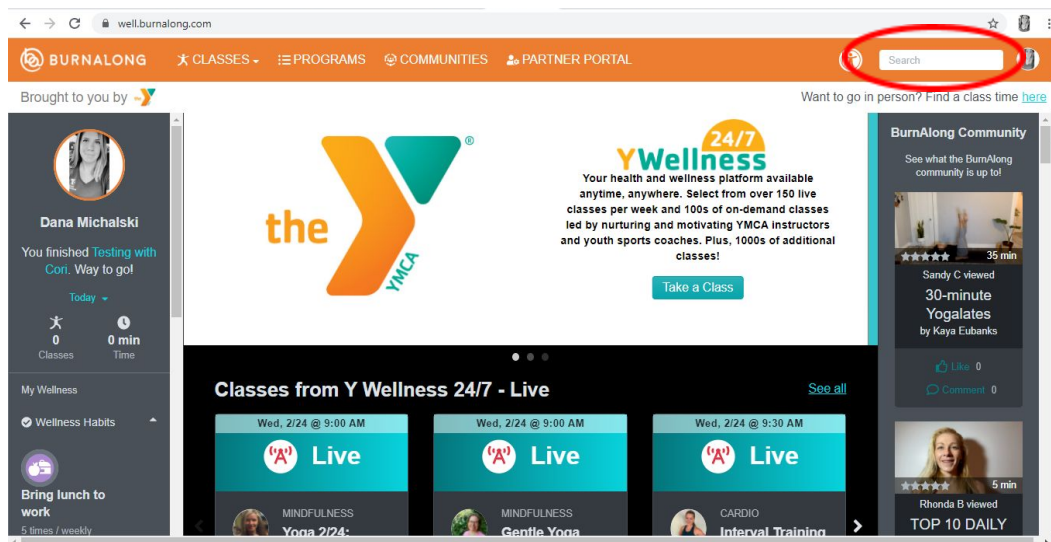
- Once you're in your profile, click the "pencil" icon in the corner of the circle.
 *The circle will either contain a white aviator or your previous profile picture.

The screenshot shows the 'My Profile' page on the BurnAlong website. A red arrow points to the pencil icon in the top right corner of the profile picture circle. The profile information includes the name Dana Michalski, email dmichalski@ymcabucks.org, member since September 17, 2020, Wellness Level (Beginner), and Interests (Tone Up, Strength, Flexibility). The 'Profile Details' section shows Birth Date, YMCA Keycode, and YMCA Location (YMCA of Bucks County).

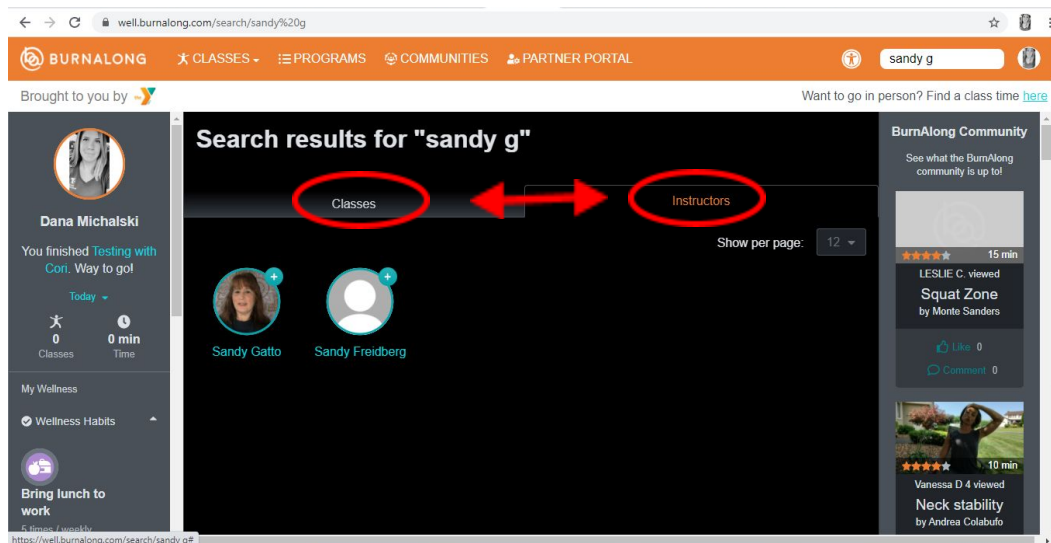
How to search:

- Use the "Search" bar located in the upper right hand corner.
 - Type in what you are searching for: Zumba, HIIT, Specific Instructor, etc.

**Helpful Hint: If you do not know the full name of the instructor you are searching for you can use first name only, last name only, first name & last name's first initial to narrow down the search results.*

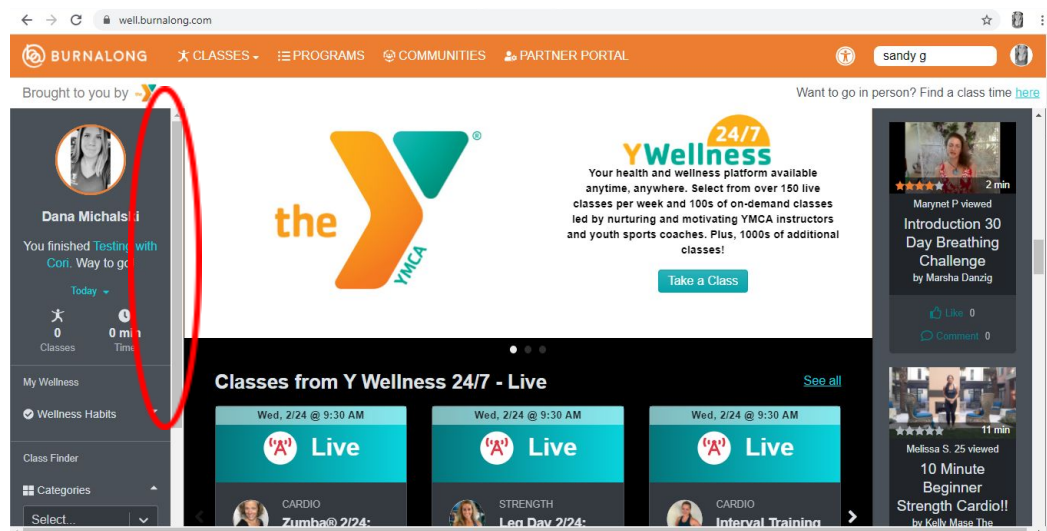


- Select the tab that corresponds with your search
The search is divided into two tabs or sections, Classes or Instructors.

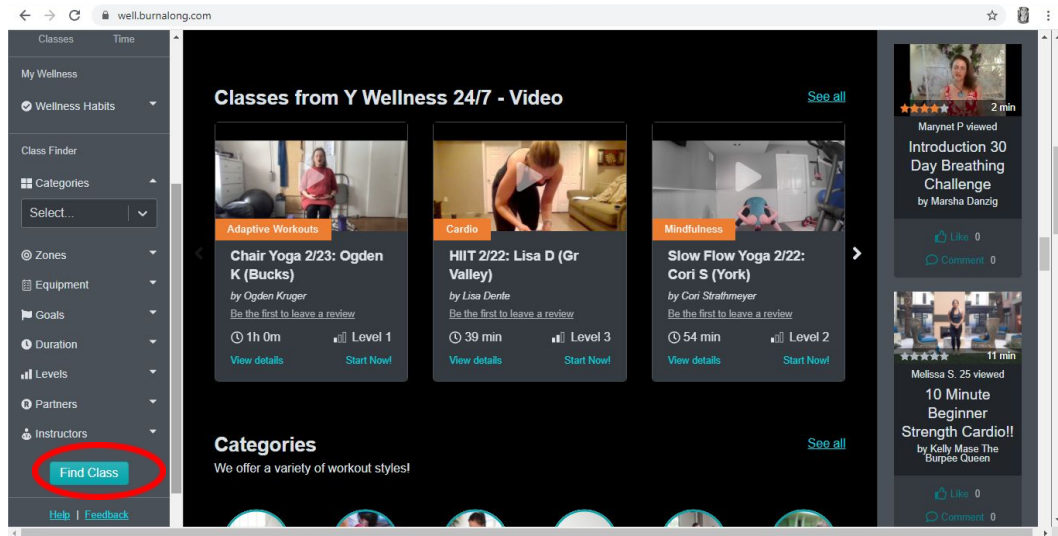


How to filter:

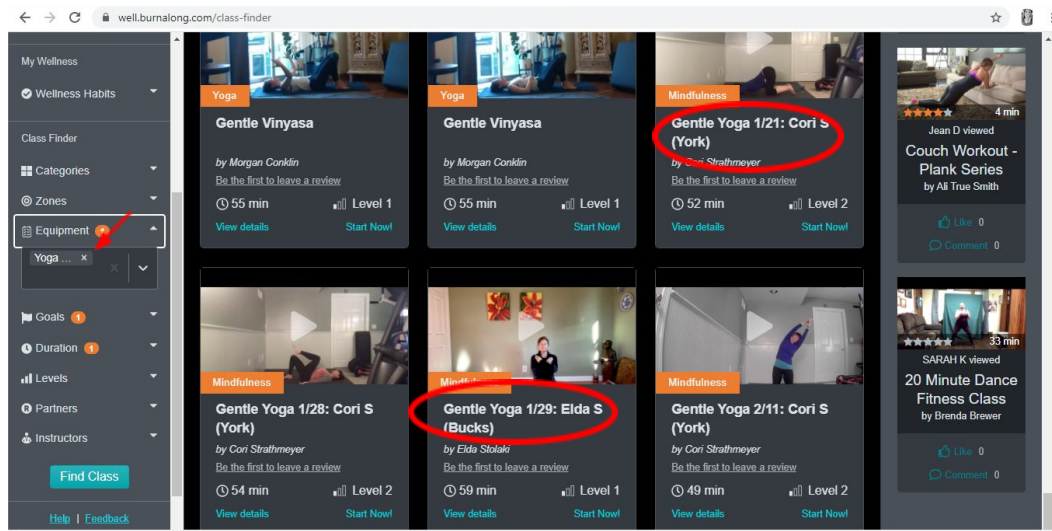
- Use the scroll bar on the left side of the screen to scroll down to the "Class Finder" Section



- The “Class Finder” section allows you to select Categories, Zones, Equipment, Goals, Duration, Levels, Partners, and Instructors
 - When done selecting all filters be select ‘Find Class’

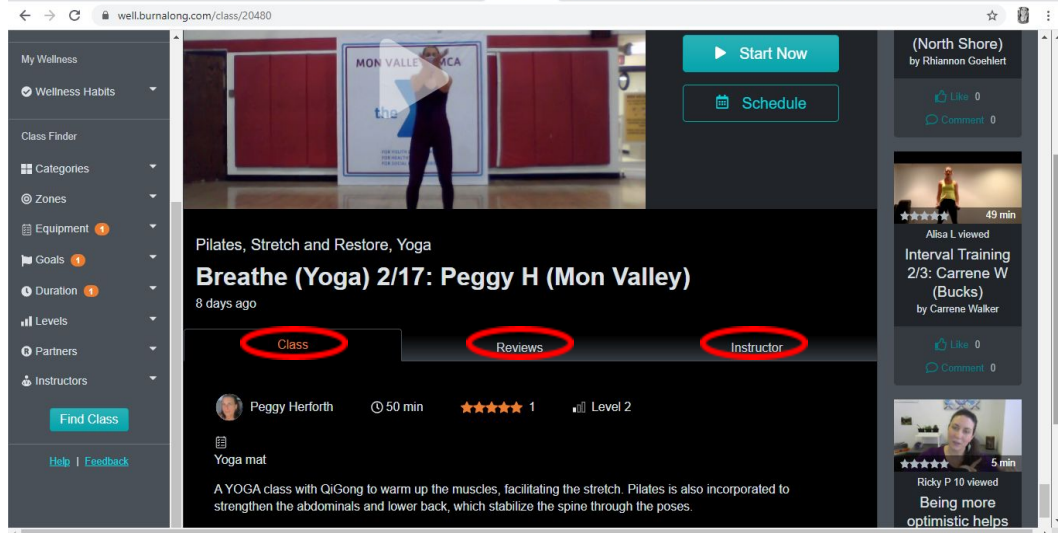


- You can edit your selection by clicking the ‘X’ to the item saved



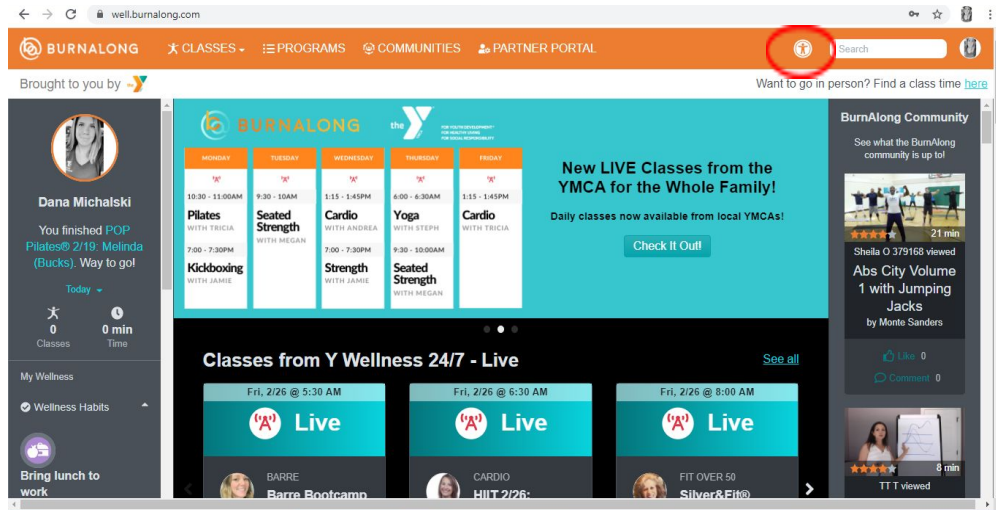
Helpful Hint: Wanting a YWellness 24/7 class? Look for the following Class Name, Date Recorded, Instructor and the YMCA that instructor is from in parentheses that indicates it is part of the YWellness Platform!

- Clicking 'View Details' allows you to see Class Description, Reviews & Instructor Information in greater detail

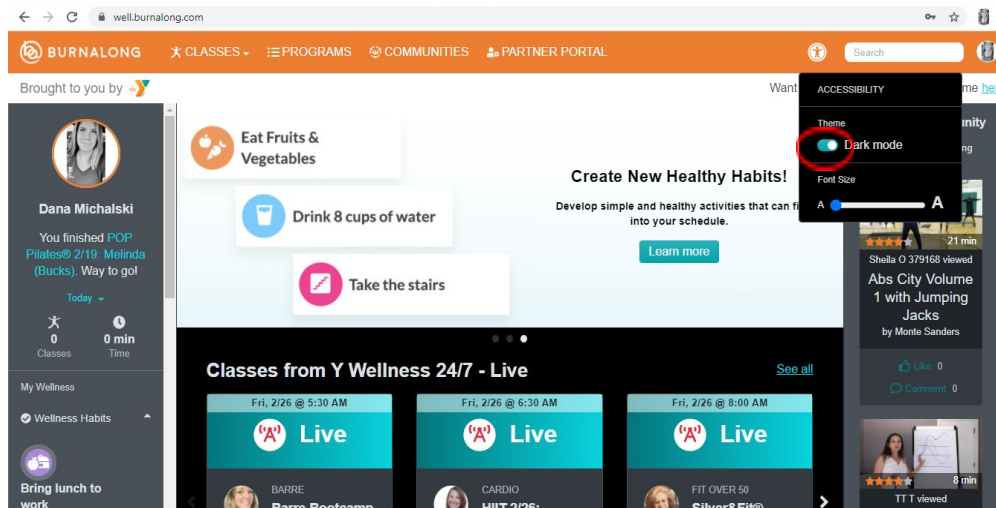


How to edit font size & theme:

- Click the "icon" to the left of the search bar



- Turn "Dark Mode" On or Off by clicking next to the white circle



- Adjust your font size by dragging the blue dot

