

Les Mills/YX Frequently Asked Questions (FAQ)

Your YMCA membership is about to get even more flexible. On September 21, 2026, you'll be able to access a world-class library of Les Mills workouts directly from the YX app, making it easier than ever to stay active whenever and wherever it works for you. We're excited to help you bring the Y experience with you everywhere you go.

1. What is Les Mills?

Les Mills is a library of on-demand fitness videos that will be available directly inside the YX app, giving members access to workouts wherever they are.

2. When will Les Mills be available in YX?

The YMCA is currently planning for a launch on **September 21, 2026**.

3. Do I need to pay extra for Les Mills? Do I need to make another account to use it?

No and no. The Les Mills integration is included as part of your YMCA membership with no additional fees or accounts required.

4. How do I access Les Mills workouts?

Starting September 21st, open the YX app and look for the new Les Mills Quick Action button. From there, you can browse the workout library and select a video.

5. What types of workouts will be available?

The Les Mills library includes a variety of fitness formats, including strength, cardio, cycling, core training, flexibility, and other workouts designed for different fitness levels and goals.

6. Can I use Les Mills at home?

Yes. The purpose of the integration is to make it easier for members to stay active anywhere, whether at home, while traveling, or between visits to the YMCA.

7. Can I watch workouts on my TV?

In many cases, yes. Members can typically stream or cast videos from a compatible mobile device to a television or larger screen. Device capabilities may vary.

8. Is this replacing group exercise classes at the YMCA?

No. Les Mills is an additional member benefit that complements your in-person YMCA experience by providing workout options when you cannot make it to the branch.

9. I'm new to fitness. Can I still use Les Mills?

Absolutely! The library includes a variety of workout styles and difficulty levels, making it easy to find options that fit your experience level and personal goals.

10. Who do I contact if I need help?

If you have questions about your membership, YX access, or using the app, please contact your local YMCA concierge team.