

Empower M.E. Set Up Instructions

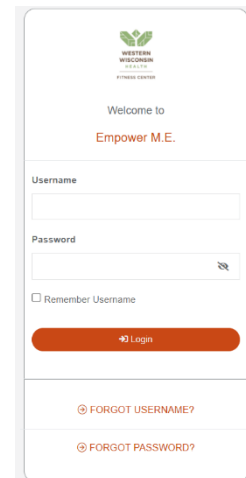
To set up the website as a tile on your device (this looks like an app on your home screen of your phone or tablet)

1. Scan the QR code or type in the address below in your web browser address line on your tablet or iPad



<https://www.ourclublogin.com/510787>

2. Do not enter any information on the page that pops up~ leave it blank while setting it up on your phone or tablet by following the instructions below

A screenshot of a mobile login page. At the top, there is a logo for 'WESTERN WISCONSIN POLICE ATHLETIC CENTER' with a green leaf icon. Below the logo, it says 'Welcome to Empower M.E.'. There are two input fields: 'Username' and 'Password'. Below the password field is a checkbox labeled 'Remember Username'. At the bottom of the form is an orange button with a right-pointing arrow and the text 'Login'. Below the button are two links: 'FORGOT USERNAME?' and 'FORGOT PASSWORD?'. The entire form is enclosed in a light gray border.

~ Apple

- In Safari, go to the login page or scan QR code
- At the bottom of your screen click the middle or “share” button.
- Scroll down to “Add to Home Screen”
- Type in the name you want to appear for this tile.
- Click Add at the top of the screen.
- This tile will appear on your Home Screen and will look like an App. Click this to go directly to the portal to register for classes or schedule an appointment.

~ Android

- In your browser, go to the login page.
- At the top right of your screen, click the 3 vertical dots.
- Click “Add to Home Screen”
- Type in the name you want to appear for this tile.
- Click “Add.”

3. To save it on your computer, type in the address listed above on
4. First time accessing your account on your phone, tablet, iPad or computer
(if you are a new member, you will need to do your initial set up in person at the Fitness Center front desk)

~Option 1: Open the website by clicking on the tile you just set up on your phone
(this looks like an app on your homescreen)

~Option 2: Scan/hover over the QR Code with your camera app on your phone or tablet and click on the link that pops up on your screen



~ Option 3: Type in the address below in your web browser address line on your computer or tablet

<https://www.ourclublogin.com/510787>

~Choose “*Forgot Password*” at the bottom and look for an email from NoReply@jonasfitness.com in your inbox or spam folder and follow the instructions

A screenshot of a mobile login page for Western Wisconsin Health Fitness Center. The page features the organization's logo at the top, followed by the text "Welcome to Empower M.E.". Below this are input fields for "Username" and "Password". The "Username" field is highlighted in yellow. There is a "Remember Username" checkbox and a "Login" button with a right-pointing arrow. At the bottom, there are two links: "FORGOT USERNAME?" and "FORGOT PASSWORD?", with the latter highlighted in yellow.

a.

NoReply@jonasfitness.com
To: [Redacted] Fri 9/5/2025 1:45 PM

Dear [Redacted]

Please click on the following link to reset your password
<https://www.ourclublogin.com/changepassword/510787/ab186a31-fa9d-4615-ace8-908ea008c9cb>

Please note that the password is active for 24 hours from the time this email notification was generated.

Thank you,
Western Wisconsin Health

Reply Forward

b.

- UPDATE PASSWORD -

REQUIRED STEP

We take security very seriously and because of that, we have a few password rules:

- Must meet the requirements listed below the input box
- Must not contain your username
- Your 5 previous passwords cannot be used
- Cannot use the same password that was used in the last 6 months

New Password


Validation:

- ✗ 8 to 32 alphanumeric characters
- ✗ 1 lowercase letter
- ✗ 1 uppercase letter
- ✗ 1 number
- ✗ 1 special character
- ✓ No spaces
- ✓ Does not contain the word 'password'

Confirm Password

Change Password

c.



Saved!

Your password has been updated in our system.

OK

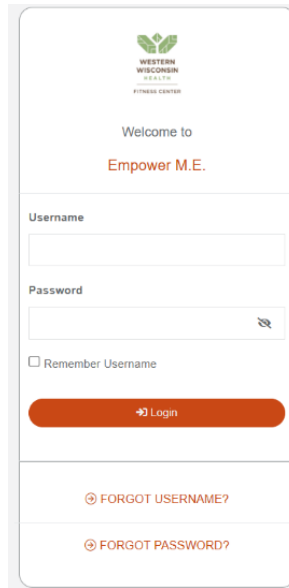
© FURUOT USERNAME?

You should be able to log in to your account with your username (5-digit number on the back of your membership card) and password now.

Scheduling IE Pool Times:

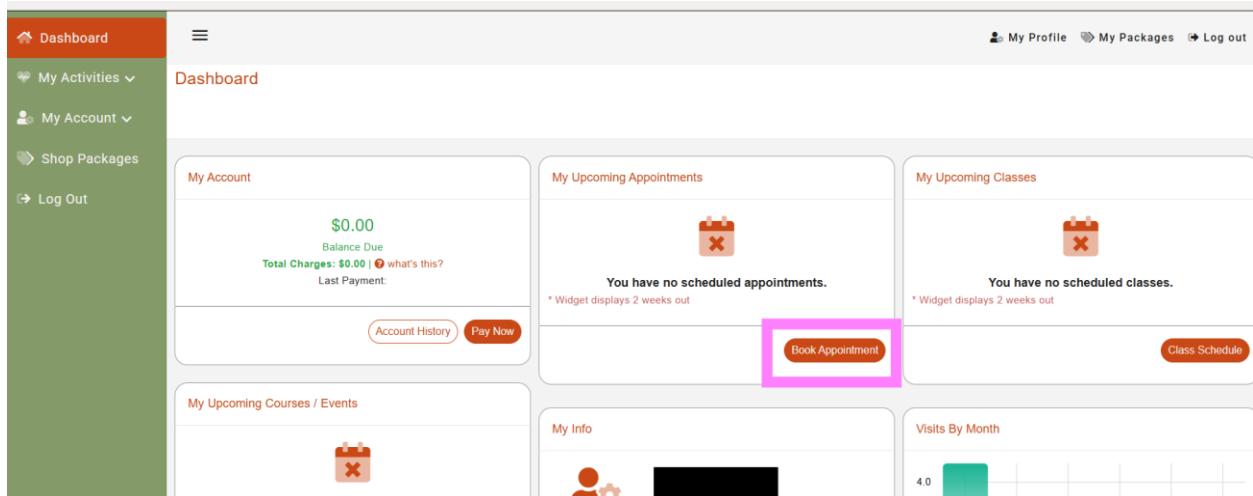
(Recommended way to access your account is via computer)

1. Login to EME (Empower M.E.) with your username (5-digit number on the back of your membership card) and password




The screenshot shows the login interface for Empower M.E. At the top, there is a logo for Western Wisconsin Health Fitness Center. Below the logo, it says "Welcome to Empower M.E.". The login form includes fields for "Username" and "Password", a "Remember Username" checkbox, and a "Login" button. At the bottom, there are links for "FORGOT USERNAME?" and "FORGOT PASSWORD?".

2. On your member dashboard~ click “Book Appointment”



The screenshot shows the member dashboard. On the left, there is a navigation menu with options: Dashboard, My Activities, My Account, Shop Packages, and Log Out. The main content area is titled "Dashboard" and contains several widgets. The "My Account" widget shows a balance due of \$0.00 and a "Pay Now" button. The "My Upcoming Appointments" widget shows "You have no scheduled appointments." and a "Book Appointment" button, which is highlighted with a pink box. The "My Upcoming Classes" widget shows "You have no scheduled classes." and a "Class Schedule" button. The "My Upcoming Courses / Events" widget shows a calendar icon. The "My Info" widget shows a profile icon and a name. The "Visits By Month" widget shows a bar chart with a value of 4.0.

3. Please make sure to select the pink highlighted sections:


Calendar will display once all steps are complete.

Step 1: Select Location

Western Wisconsin Health ▼

Step 2: Select Category

Independent Exercise ▼


Step 3: Select Product

Independent Exercise ▼

Step 4: Select Resource(s)

All Resources ▼

Daily Weekly

<  Mar 15 - Mar 21, 2026 >

4. Once all of the pink sections are selected (from the other page) the calendar should look similar to the following:

The screenshot shows a weekly calendar interface. At the top, there are two tabs: "Daily" and "Weekly", with "Weekly" selected. Below the tabs is a date range selector showing "Mar 22 - Mar 28, 2026". The calendar grid shows the days of the week: Sun 22, Mon 23, Tue 24, Wed 25, Thu 26, Fri 27, and Sat 28. The days are color-coded: Mon 23 is dark blue, Wed 25 and Thu 26 are light blue, and Sun 22, Tue 24, Fri 27, and Sat 28 are grey with a slash through the date. Below the calendar grid is a list of five swim sessions: Swim 01, Swim 02, Swim 03, Swim 04, and Swim 05. Each session has a dropdown arrow on the right side.

Dark blue = the day currently showing available times for swim 01- swim 12 listed below

Light blue = days that have availability to schedule

Grey with slashed dates = no times available to schedule

- If there are no blue squares, that means there is **no availability** for that day. You can always call our fitness center front desk to double check times if you'd like or check online the day of for any openings, as we do have many cancellations each day.

5. Select a light blue square that you'd like to schedule- the square should turn dark blue when selected.
- a. Click on which time you'd like to schedule and follow the instructions by clicking on the arrow (highlighted in pink) on the right of each swim slot.
 - i. Swim 01-Swim 06 are all times that are on the hour
 - o ` Example 7am, 8am and 9am
 - ii. Swim 07-Swim 12 are all times that are on the half hour
 - o Example 7:30am and 8:30am

Daily Weekly

< Mar 22 - Mar 28, 2026 >

Sun 22 Mon 23 Tue 24 Wed 25 Thu 26 Fri 27 Sat 28

Swim 01 9:00 AM

Swim 02

Swim 03

Swim 04

b. Pop-up instructions



BOOK

Club: Western Wisconsin Health
Time: 09/08/2025 7:00 AM
Product: Independent Swim
Resource: Swim 01

This appointment is free!



c. You will receive an email confirmation

Independent Swim

🕒 Tue 9/9/2025 4:00 PM - 5:00 PM

📍 Western Wisconsin Health

☰ Dear [REDACTED]

Organizer

 Western Wisconsin Health

Your appointment has been booked as follows:

Appointment: 201
Club: Western Wisconsin Health
Participant(s) [REDACTED]
Book: Swim 01

Description: Independent Swim
Date: Tuesday, September 9, 2025
Time: 4:00 PM
Duration: 1 Hour 0 Minute

Your confirmation number is 201.

Thank you,

Western Wisconsin Health
(715) 684-1642

This is an auto-generated e-mail. Please do not reply to this e-mail. Contact the club for questions regarding this notice.

d. You will also see it on your member dashboard

The screenshot shows a member dashboard with a navigation bar at the top containing a menu icon, 'My Profile', 'My Packages', and 'Log out'. The main content area is titled 'Dashboard' and is divided into several widgets. A pink rectangular highlight is drawn around the 'My Upcoming Appointments' widget. This widget displays an appointment for '09/09/2025 INDEPENDENT SWIM' at '4:00 PM', with details for '60 Min', 'Swim 01', and 'Western Wisconsin Health'. A 'Book Appointment' button is located at the bottom of this widget. Other widgets include 'My Account' showing a balance due of \$0.00, 'My Upcoming Classes' showing no scheduled classes, 'My Upcoming Courses / Events' showing no scheduled courses, and 'My Info' with a profile picture placeholder. A 'Visits By Month' bar chart is also visible at the bottom of the dashboard.

Dashboard

My Account

\$0.00
Balance Due
Total Charges: \$0.00 | [what's this?](#)
Last Payment:

Account History Pay Now

My Upcoming Appointments

09/09/2025 INDEPENDENT SWIM
4:00 PM
60 Min
Swim 01
Western Wisconsin Health

Book Appointment

My Upcoming Classes

You have no scheduled classes.
* Widget displays 2 weeks out

Class Schedule

My Upcoming Courses / Events

You have no scheduled courses or events.
* Widget displays 2 weeks out

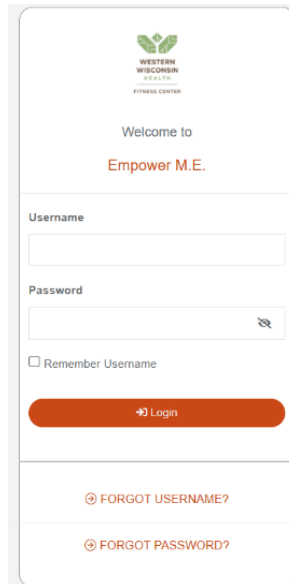
My Info

Visits By Month

Month	Visits
Current Month	4.0
Next Month	2.0
Following Month	2.0
Next Month	2.0
Following Month	2.0
Next Month	2.0
Following Month	2.0

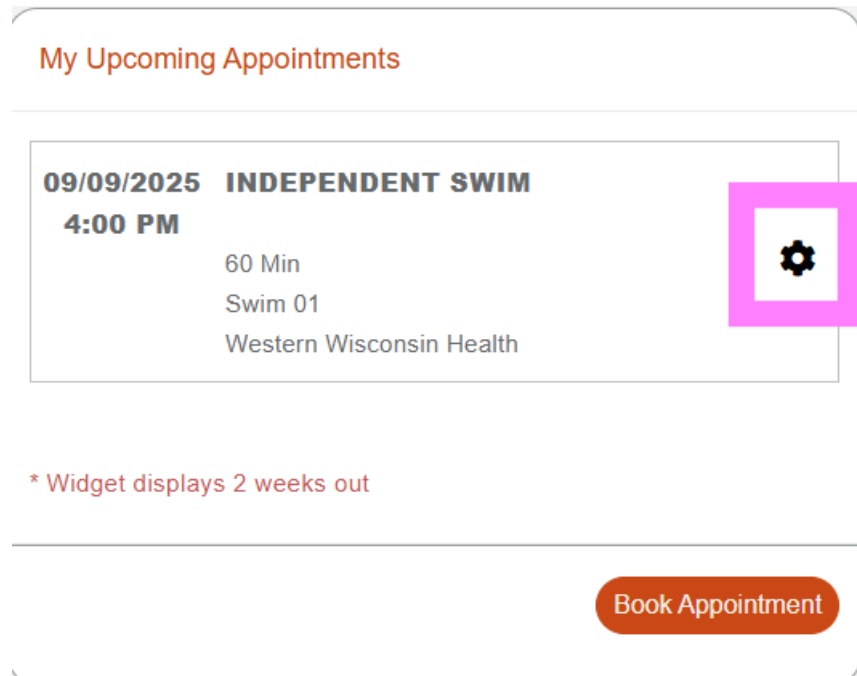
Cancelling IE Pool Times:

1. Login to EME (Empower M.E.)



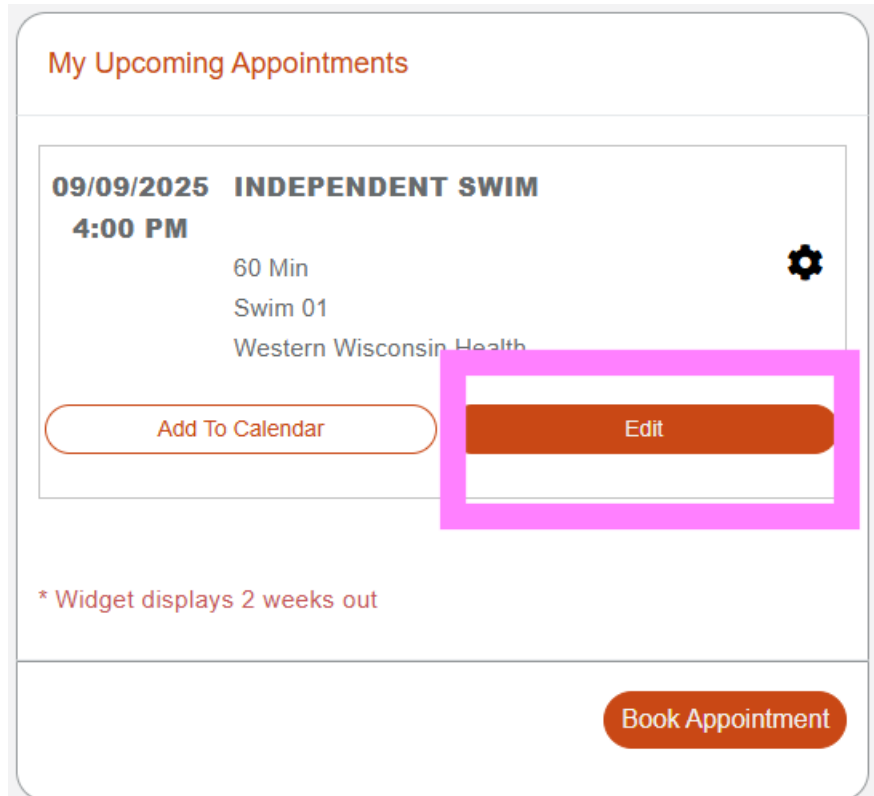
The screenshot shows the login interface for Empower M.E. At the top is the Western Wisconsin Health Fitness Center logo. Below it, the text reads "Welcome to Empower M.E.". There are two input fields: "Username" and "Password". Below the password field is a checkbox labeled "Remember Username". A blue "Login" button is positioned below the checkbox. At the bottom of the form, there are two links: "FORGOT USERNAME?" and "FORGOT PASSWORD?".

2. On your member dashboard, click the settings icon next to the appointment you'd like to cancel

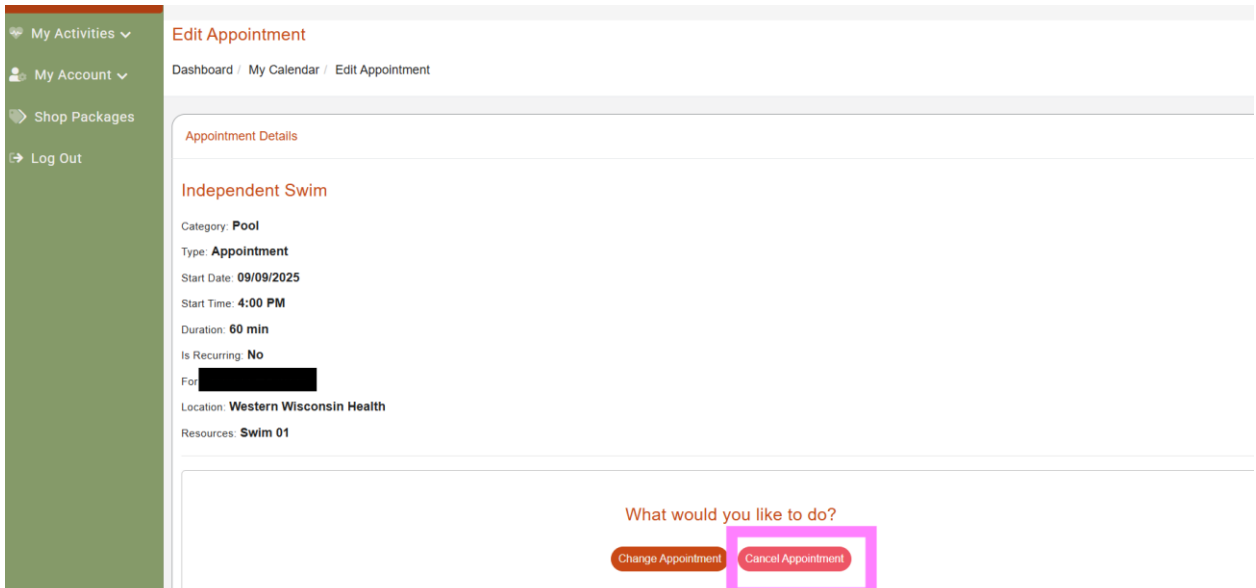


The screenshot displays the "My Upcoming Appointments" section. The title "My Upcoming Appointments" is in blue. Below it, a card shows an appointment for "09/09/2025 INDEPENDENT SWIM" at "4:00 PM". The appointment details include "60 Min", "Swim 01", and "Western Wisconsin Health". A settings gear icon is highlighted with a red square on the right side of the appointment card. Below the card, a note states "* Widget displays 2 weeks out". At the bottom right, there is a blue "Book Appointment" button.

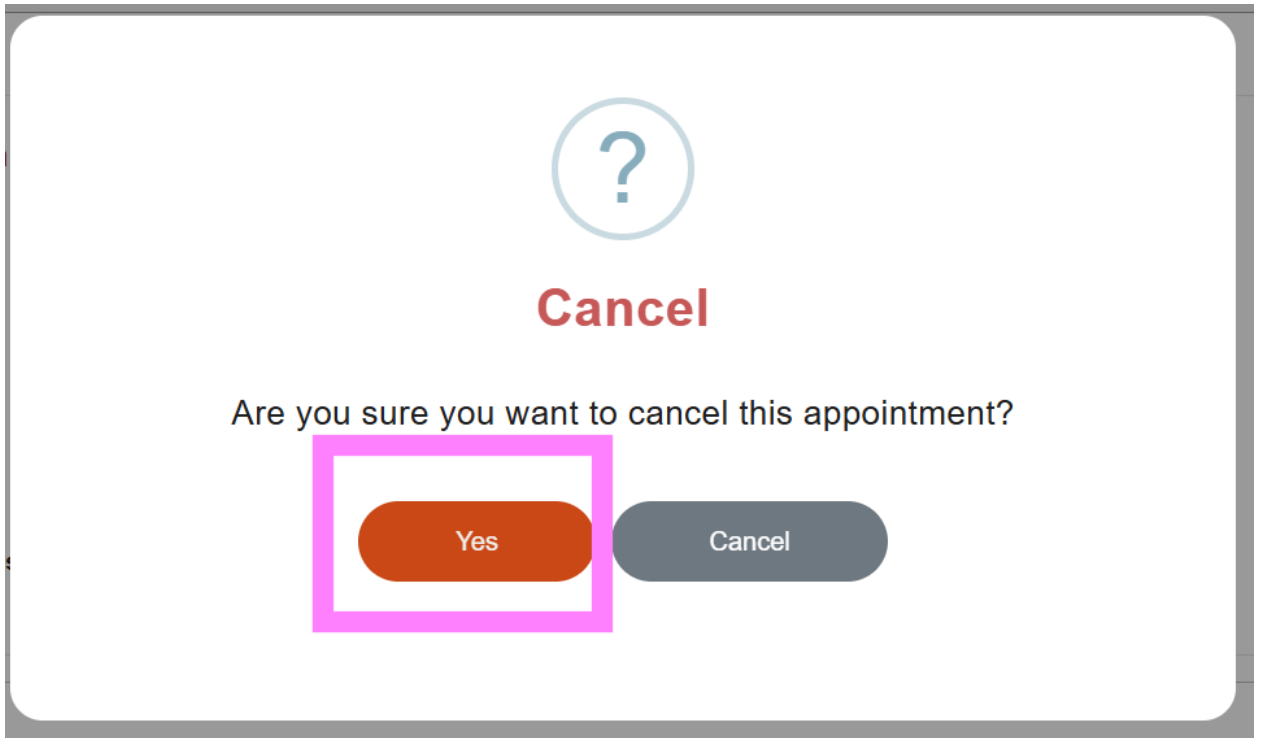
3. Click “Edit”



4. Click “Cancel Appointment”



5. Click "Yes" to confirm cancellation



6. You will receive email confirmation of the cancellation