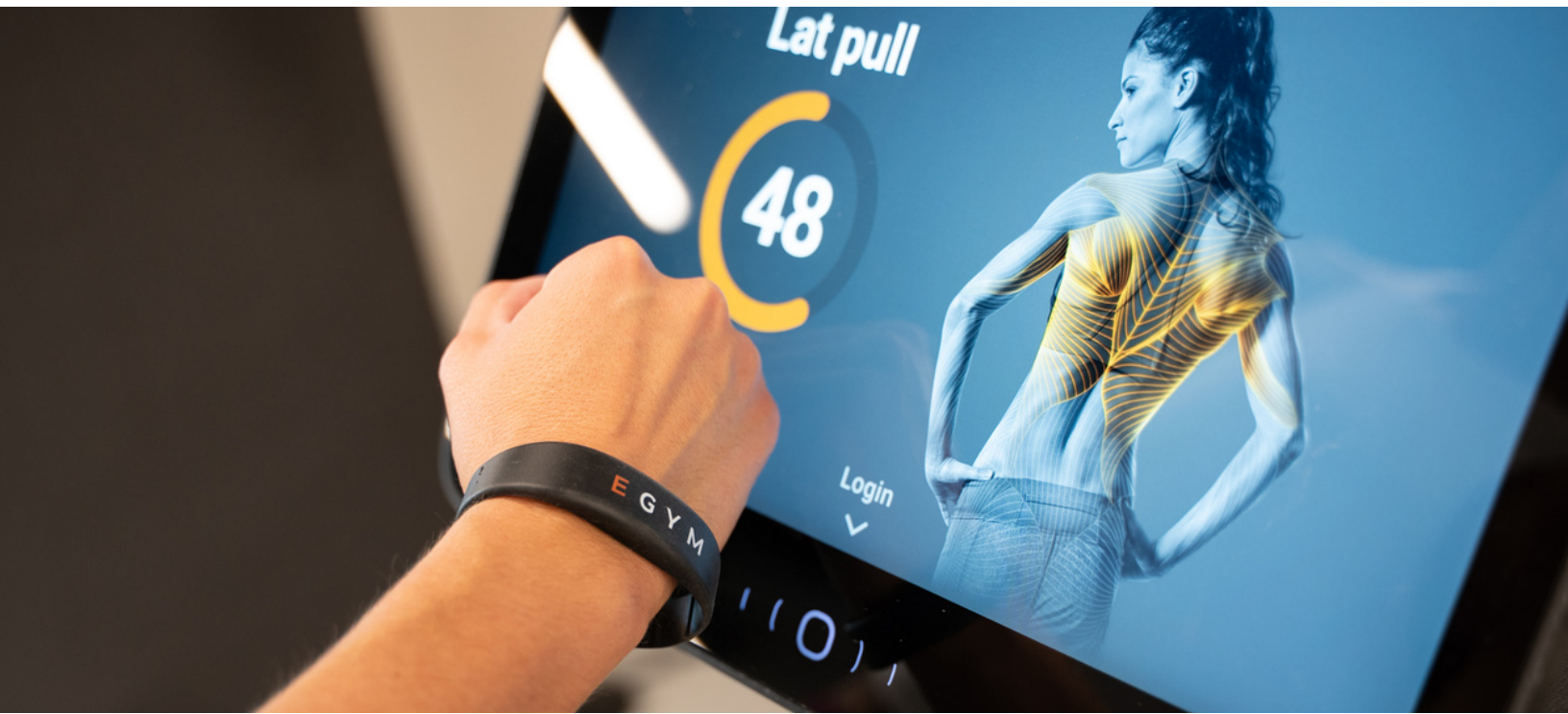


FISHERS·COMMUNITY·CENTER

Strengthened by



What is EGYM?

EGYM is a smart strength circuit that provides a customized, full-body strength training workout in just 20 minutes. It takes the guesswork out of strength training and gives members a fun, easy-to-use, motivating workout option that is customized to a member's personal goals. EGYM equipment makes strength training work for everyone with automatic equipment set up that adjusts to the member, provides a goal-specific training plan, delivers a game-like experience that guides the member through their workout, and offers online results analysis through the EGYM app.

How does EGYM work?

EGYM is a system of equipment that guides the member rep-by-rep through workouts. During the member's onboarding session, they receive a smart wristband that automatically syncs with a mobile app. Members enter the circuit at the starting machine and follow a pre-defined order.

When the member taps their wristband on the EGYM equipment, the machine will adjust to their personalized settings and provide a guided, game-like workout. The member's training plan will adjust based on their progress.

How does a member get started?

Members can get started with EGYM by registering for a free one-time setup with a Fitness Coach. This orientation appointment is required in order to use our EGYM equipment.

Members can register for their EGYM orientation appointment at our Welcome Desk.

E G Y M

Top 10 Reasons to Use EGYM

The EGYM strength training circuit introduces new opportunities to help members reach their fitness goals. Here are the Top 10 Reasons clients should incorporate EGYM into their workout routine.



1 It's Cutting Edge

The most advanced strength training machines available. You are one of the first to get this advanced technology.

2 Easy

Members don't have to remember weights or settings. It also automatically adjusts to the member's settings. Easy for team members to setup.

3 Insightful

Members get strength assessments, BioAge, and muscle imbalance testing. Trainers can use that information to recommend personal training when appropriate.

4 Safe

Nearly touchless experience with changeover timing in circuit allowing for social distance.

5 Connected

Works with cardio equipment and automatically tracks workouts.

6 Fun

It's like a video game and distracts members from the hard work they're doing.

7 Effective

Offers customized, advanced workout prescription for the 90% who will never work with a personal trainer. Progresses as they get stronger, backs off if they miss some workouts and lose some strength.

8 Quick

Members can get a full body workout in about 20 minutes.

9 Social

Members socialize while on the circuit, increasing engagement.

10 Engaging

Team members can see how members are doing and engage with them based on their progress and imbalances. Team members can position outcome based personal training and then test their results.