

Sign up today for your FitLinxx Orientation!



Take advantage of the latest technology in fitness. FitLinxx gives you immediate feedback on every exercise completed and allows users' access to their fitness information online! FitLinxx is FREE to members!

FitLinxx Advantages:

- ▼ Customized exercise program specific for your goals
- ▼ Personal Support from your fitness instructor who will modify your program as needed
- ▼ Automatic recording of each strength exercise and the ability to log all cardiovascular activities
- ▼ Easily accessible workout history reports – you can view your progress
- ▼ FitLinxx ensures that the user is using proper form on the strength machines and using full range of motion
- ▼ FitLinxx keeps track of seat settings and weight setting for you

Visit the FitLinxx website at www.fitlinxx.com where you may log your workouts from home, view your workout history, and read articles on health, fitness, wellness, and nutrition!

Helping members succeed

with their fitness program

Opportunity: It's hard to imagine a greater gift that a fitness center could give to beginning exercisers than to help them overcome the odds and make fitness an ongoing part of their life. Exercise is widely considered one of the single best sources of lifetime health and wellness, but it is difficult for many beginners to get the hang of it and stick with it. Whether it's a senior's goal of healthy aging, a teen's heartbreaking challenge with weight control and self-esteem, a patient's recovery from heart disease or injury, or anyone's desire to get in better shape--your facility's ability to systematically help members, overcome the physical and psychological challenges they face in the first year on a program, can make a lifelong difference.

Solution: FitLinxx adds Intelligence to your existing fitness equipment to enable even a small staff to provide exercisers the support they need to succeed. FitLinxx "learns" each member's program, "coaches" them through their workout, and "tracks" their progress to provide motivational feedback and to ensure that your staff knows which members need help. This allows your facility to provide the necessary handholding and motivational edge to help members succeed.

Outcomes: Consistent feedback and encouragement makes exercisers more confident, enthusiastic, and motivated right from their first workout. And the interactive "coaching" ensures members use proper form at every session, which in turn leads to better physical results. Together, improved mental motivation and proper exercise form give new exercisers a much higher prospect of locking in the new lifestyle they seek, and staying with their fitness programs long-term.

Call the Luter Family YMCA today to schedule your free appointment.
757.365.4060

