



Power your fitness program with **FitLinxx**



FitLinxx
Intelligent Exercise Solutions™

And discover a whole new way to exercise and stay motivated.

Imagine getting immediate feedback on every exercise you do, then having access to that information online. It's all possible with FitLinxx, the country's leading fitness innovator!

In our facility, Fitlinxx gives you:

- ▶ Personalized support from your fitness instructor to help you achieve and exceed your goals.
- ▶ A customized exercise program geared to your goals, needs and time constraints.
- ▶ An automatic recording of each strength and cardiovascular exercise you do — creating a workout history of all the weight you've lifted and calories you've burned.
- ▶ Immediate feedback on each strength exercise you do, so you can be sure you're doing it correctly.

Plus, you can enhance your healthy lifestyle 24-hours a day at www.fitlinxx.com, where you get:

- ▶ The ability to log your home workouts, review your workout history and compare your results to others worldwide.
- ▶ Articles on health, fitness, wellness and nutrition.
- ▶ Members' inspirational success stories and community forums.

Achieve your health and fitness goals
Experience FitLinxx here –
Ask staff for more details



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