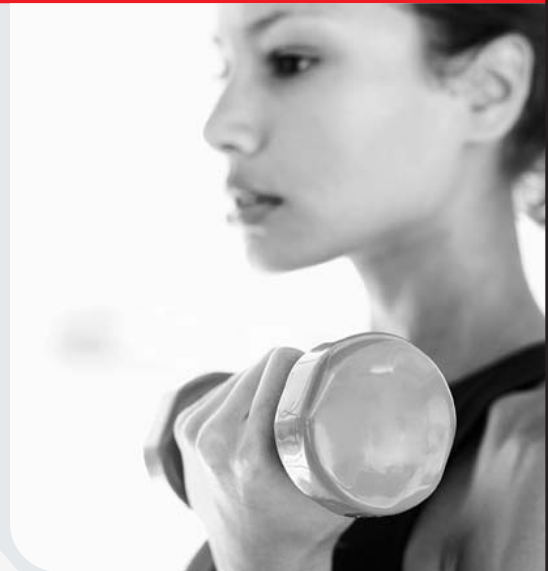


A Customized Workout With Every Visit!



Take the guesswork out of your workout.

We've all been there before wondering **what** exercises to do, **when** to do them, or simply been confused with **how** to put a good workout together. That's why we created ActivTrax! This revolutionary web-based workout partner understands your wants, needs and goals. It's simple to use – and very effective.

An online tool with real world results.


ActivTrax creates a new workout for you with every visit to the gym – keeping things fresh and interesting. ActivTrax tells you which equipment to use, how to set the weights and how long to rest between each set. There's even an online exercise library to show you how to perform the exercises correctly.

For all the days you are not with your Personal Trainer.

You simply perform the prescribed exercises using the weights and reps on your workout. Like a coach, it guides you, tracks your progress, and challenges you on your terms.

ActivTrax provides:

- **A professionally designed plan**—built around the equipment at our YMCA, fully customized and different each time
- **Easy to follow workouts**—no more guesswork
- **Personalized training**—whenever and wherever you need it
- **Detailed analysis**—of your current fitness level and your progress

 *"I love it! ActivTrax totally changed my approach to working out with its easy to follow workouts. I know exactly what to do, when to do it, and am getting the results I want."*

Dave Conner • Washington, DC
159 workouts and counting...

