



Power your **Fitness** program with **FitLinxx**®

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, at our FitLinxx-powered Web site. 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 our FitLinxx-powered Web site, where you get:

- Instant access to this facility anytime, from anywhere, so you can view class schedules and facility activities.
- 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.
- Your questions answered by industry experts.

Achieve your health and fitness goals. Experience FitLinxx today!

Register today!

FitLinxx®