

Member Advantages

- *FitLinxx is a technologically advanced computer network system that can transform your workouts and help you achieve your goals.*
- *It replaces your workout card – letting you spend time more efficiently in the Facility.*
- *Once logged onto the system, you are given a personal ID number that lets you access your own workout details and notebook.*
- *It is like having someone permanently on hand to guide you through your own personalized exercise program, to track your performance and update your workout as you improve and progress.*
- *All your workout information is stored automatically and you can manually log activities such as aerobics, tennis, or even a game of golf.*
- *By using your ID number at a machine, you receive monitored, ongoing feedback specific to that exercise.*
- *The system is flexible and has advantages whether you are starting out on an exercise routine, or if you are more experienced and like variety for every workout.*
- *The system keeps an automatic log of your workouts, so your instructor can keep a close eye on your progress, and ensure that you are reaching your goals.*
- *A messaging feature that allows you to send and receive messages with your instructor.*
- *This constant feedback will help you push yourself and give you the motivation to get the results you want.*
- *Your instructor can help set you realistic goals – and the system can show your progress towards them.*

**FitLinxx provides the feedback you need to experience
a safe, motivating and effective workout!**