



EGYM

Fercho YMCA | Schlossman YMCA

SMART EQUIPMENT | CUSTOM WORKOUTS | REAL RESULTS

What is EGYM?

EGYM is a smart strength circuit that provides a customized, full-body workout in just 30 minutes. It takes the guesswork out of your fitness routine to give you a fun, easy-to-use, motivating workout, customized to your personal goals.

EGYM makes strength training work for everyone with automated equipment that adjusts to each person in real time. EGYM provides a goal-specific training plan, guides you through your workout, delivers a fun, game-like experience and offers results analysis through the EGYM app.

How does EGYM work?

Each piece of EGYM equipment will guide you rep-by-rep through your workout. During your onboarding session, you will receive a smart wristband that automatically syncs with the EGYM equipment and an optional mobile app.

Enter the circuit at the starting machine and follow a pre-defined order as you move through your workout. As you move through the circuit, simply tap your wristband on the EGYM equipment.

The machine will automatically adjust to your personalized settings and provide a guided workout. The EGYM equipment will adapt to your progress in real time, creating a customized training plan that ensures you get a great workout, every time you step in the gym.

How do I get started?

EGYM is located at Fercho and Schlossman YMCAs, and is included in your YMCA membership. All it takes to get started is a one-time orientation fee, and a short onboarding session, which can be scheduled at the Fitness Center Desks. Scan the code below for more information.



ymcanorthernsky.org/egym
fitness@ymcanorthernsky.org



TOP 10 REASONS TO USE EGYM

EGYM gives you new tools and new opportunities to reach your fitness goals! Curious on why you should get started? Explore the top ten benefits of EGYM below.



Cutting-Edge

EGYM combines research-based exercise science with state-of-the-art equipment to provide a unique and innovative strength training experience.



Easy

Because EGYM adjusts automatically, you'll get a complete workout every time, without worrying about counting reps or how much weight to lift.



Customized

EGYM finds your optimal settings based on your height, flexibility, fitness level, and more – and uses that info to adapt with each workout. Your training plan will progress as you get stronger – or back off if you miss some workouts and lose strength.



Quick

The 11-machine circuit helps you get a full-body workout in just 30 minutes!



Connected

EGYM integrates with fitness wearables and apps – like Fitbit, Apple Watch, Strava, and more. Or, download the optional EGYM app for even more features!



Insightful

All of your workout data is logged in the EGYM platform and gives you assessments of your strength, BioAge, muscle imbalances, and more.



Effective

EGYM can help build strength, tone muscle, improve flexibility, boost athletic performance, increase overall fitness and facilitate healthy weight management.



Safe

The interactive screen on every machine guides you to move at the right pace with the right form – minimizing the risk of injury and strain on your muscles and joints.



Motivating

Stay engaged and on-track! A unique user interface helps each exercise feel more like a game than a fitness routine – keeping your workouts fun and getting you excited to come to the gym.



Interactive

Working with a trainer? They can tap into your EGYM data to take your sessions to the next level. You can also connect with friends, participate in challenges and engage in friendly competition with your workout partners in the EGYM app.

