

FAST FORWARD FITNESS



1 JumpStart



2 TestDrive

Follow Up Appointment.
If you run into any roadblocks we are here to help you.



Y Bucks can be used toward any program or service such as Personal Training, Teen N Training, Small Group Training, 8 Week Shed, Gymnastics, Dance, Swim Lesson, or a youth sports program for your child.

Receive Y Bucks to apply towards any program we offer at the Y just for logging workouts in ActivTrax

ActivTrax will create a new workout for you each time you visit the Y to keep things fresh and interesting, and make sure you're making progress toward meeting your goals. It will tell you which pieces of equipment to use, how to set the weights and how long to rest between sets. There's even an online exercise library that shows you how to perform the exercises correctly.

MONTH	NUMBER OF LOGGED WORKOUTS	REWARD
1	8 = 2 workouts per week	\$10 Y Bucks
2	10 = 2-3 workouts per week	\$10 Y Bucks
3	12 = 3 workouts per week	\$10 Y Bucks

WITH ACTIVTRAX
YOU ARE
FOUR TO SIX TIMES
more likely to reach your goals



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Visit us online at ymcagwc.org
or call **512.246.9622** to get started

FREE with Membership