

# FAST FORWARD FITNESS



## 1 JumpStart



## 2 TestDrive

Workout Walkthrough: Your wellness coach will assist you in a walkthrough of your first generated workout and answer any questions you have about the program.

### Receive a Tshirt upon completion of your TestDrive Appointment.

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

Y Bucks can be used toward the purchase of Personal Training, Teens N Training, Small Group Training and Swim Lessons.



Visit us online at [ymcagwc.org](http://ymcagwc.org)  
or call 512.846.2360 to get started

**FREE WITH MEMBERSHIP**