UPGRADE YOUR WORKOUT
WITH OUR NEW eGYM EQUIPMENT!

Take the guesswork out of strength training with connected electronic equipment that adjusts to you!
Ask a Wellness Advisor to learn more.

What is eGym?
Equipment with rep-by-rep guidance that...

+ automatically syncs with our app to track your progress and visualize results.

+ adjusts to your settings (i.e., resistance & weight) when you tap your wristband.

+ alters workouts based on your progress so you never stagnate or over-train.