MAKING FITNESS FUN
GET STARTED ON THE EGYM CIRCUIT

Schedule an onboarding session with a Wellness Advisor

Strength machines, including the eGym circuit, are available to ages 11+

Remember to enter the circuit at the first available device

Follow the given order of the machines

Always run the whole circuit and avoid training on single machines

The ORANGE PHASE shows your training time

The BLUE PHASE shows your recovery time

Use this time to move to the next machine

Everyone transitions at the same time

Give priority to those in line before starting your second round

Each machine will prompt you to do a strength test (after 6 sessions) to show improvement and to determine your optimal training weight

Check your training results with the eGym app to see your strength gain, muscle imbalances, and results