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FOR HEALTHY LIVING
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EGYM at the RANDOLPH YMCA

At the YMCA, we are committed to improving the health and well-being of our community. Our **BRAND NEW EGYM** circuit provides members with a guided training experience through real-time feedback rep-by-rep on your form, speed, and progress toward your health goals. EGYM works for **EVERYONE**, from the beginner to the more advanced athlete.

E-GYM FAQ'S

We understand you have questions, and we're happy to answer some of them right here!

WHAT IS EGYM?

EGYM is a state-of-the-art fully automated strength circuit that is completely motorized and retains individual member settings for a new kind of training experience.

- Automatically syncs with the EGYM Fitness app to track your progress and visualize results.
- Adjusts to your personalized settings when you tap your wristband.
- Adapts workouts based on your progress so you never stagnate or over-work.
- The circuit can be completed in 20 minutes!

HOW DOES THIS AFFECT MY MEMBERSHIP?

- EGYM is an added benefit to your YMCA membership. The cost will be a onetime fee of \$50 and will include access to EGYM and an orientation session.

DO I HAVE TO BE A MEMBER TO USE EGYM?

- Yes! To use these machines, each member completes an orientation where they receive their personalized identification band.



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THE EQUIPMENT:

- Our EGYM training system in the Cardio Room at the Randolph YMCA includes the Fitness Hub and the following to engage all major muscle groups for a complete, full-body workout every time:
 - Abdominal Crunch
 - Back Extension
 - Bicep Curl
 - Tri Press
 - Leg Extension
 - Leg Press
 - Leg Curl
 - Lat Pull
 - Shoulder Press
 - Seated Row
 - Chest Press

HOW DO I USE THE EQUIPMENT?

- You will need to schedule an EGYM orientation, and a personal trainer will meet with you and select the right starting program specifically for you.

WHEN CAN I USE EGYM?

- After you've completed your one-on-one orientation and received your wristband you are good to go. All EGYM users start at machine 1 to ensure a consistent flow and avoid disrupting other member's workouts.

WHY IS THE EQUIPMENT NUMBERED?

- The equipment is arranged in a circuit format. You begin at machine #1 and continue through in order.

WHAT IF I LOSE MY EGYM BAND?

- There is a \$10 replacement fee for lost EGYM wristbands. The machines cannot be used without the bands.

HOW OLD DO YOU HAVE TO BE TO USE EGYM EQUIPMENT?

- You must be 12 years of age and a parent must be present during the initial orientation.

HAVE QUESTIONS?

We're here to help! Contact our Health & Wellness Director for personal assistance – Mina@randolphymca.org



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