



THERE'S A WORKOUT FOR EVERY **BODY.**
MIND.
SPIRIT.



For most of us, time is in short supply. Squeezing in a workout can be difficult due to time constraints. MobileFit allows you to make the most of your workout time, helping you through the process with a customized program created by fitness professionals.

MobileFit is the Perfect Training Companion

MobileFit is a wellness system that provides adaptive workout plans based on your exercise activity. Simply register at the kiosk with the assistance of YMCA staff, complete the wellness questionnaire, and a trainer will be assigned to you. The system prescribes a wellness plan based on your goals, a customized inventory of the YMCA's equipment/classes, and trainer recommendations.

All MobileFit workouts continuously adapt and change based on your preferences, abilities, and objectives. You provide feedback on your workouts and MobileFit alters the workouts according to that data. You can log your progress through the kiosk or online - at home or at the office.

Using the MobileFit System:

- You get better results because MobileFit ensures you get the best workout every time.
- You get a customized workout program designed for you with input from a Personal Trainer.
- MobileFit adapts to your feedback, ensuring you are progressing at the fastest pace possible.
- Workout any time you want - on your schedule. You can update your workouts any time online.

MobileFit is FREE to all YMCA Members

www.mobilefit.com

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How Does MobileFit Work?

A wellness coach will get you started by enrolling you in MobileFit. Once registered, a personalized exercise program card is printed out with all the information you need to guide you through your workout. Each time you exercise, input your results into the system. MobileFit will adjust your workout to fit your preferences and help you progress with your fitness program.



How Do I Get Started with MobileFit?

Sign up today! Once you're in the system, you can access your profile from the MobileFit stations at the YMCA or from any computer with Internet access. Check your results and print your exercise program at www.mymobilefit.com.

What Exercises Can be Tracked with MobileFit?

Any exercises you do at the YMCA can be included - cardio and strengthening workouts, exercise and aquatics classes, Silver Sneakers® classes, even physical therapy. In fact, MobileFit allows you to track exercises you do around the house, including walking and yardwork.

