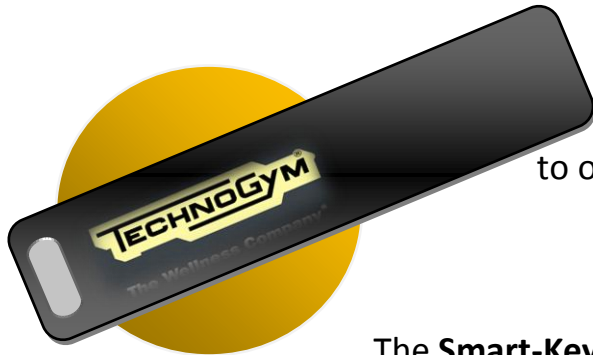


What is the **KEY** to becoming fit?



The Technogym **Smart-Key** is the most State-of-the-Art training tool that *e-Fitness* has to offer. If your desire is to have a customized exercise routine, with the freedom to work-out on your own time, than the **Smart-Key** is for you.

The **Smart-Key** will guide you through a customized exercise cycle and will keep track of your progress and even benchmark important results. It will tell you what machine to use, how much weight to use, and how many sets and repetitions to do. It also provides a detailed graphical view of your performance!

LEVEL I SMART-KEY PROGRAM:

Receive your own Smart-Key (it's yours to keep). Meet with the Wellness Director who will design a customized program to fit your needs, and then take you through a full workout – using your key – so you can understand the in-and-outs of using it on your own as you go forward

LEVEL II SMART-KEY PROGRAM:

In addition to all that comes with the Level I Program, Logan will meet with you on an on-going basis to assist you in the progression of your program (once every other week) for 8 weeks. This comes with an additional program & fitness assessment. This is a great way to increase your motivation and adhere to your workouts