



Why is ActivTrax important?

To be successful, people need more than just a place to workout. They need something or someone to help them...ActivTrax is that something.

ActivTrax eliminates intimidation, confusion & boredom and makes working out much easier. You simply show up, print your workout, follow the instructions on the page and the system guides you toward your specific goals.

We all know that exercise is only one part of the weight loss battle, that's why ActivTrax provides members with an online nutrition tool to help them plan their meals and monitor their diet.

How does ActivTrax work?

Before you may begin using ActivTrax, you are required to perform a simple Strength Test (takes less than 15 minutes). While the test can be completed by yourself, we encourage staff supervision. The results of the test will determine the amount of weight the member will be using on every piece of equipment in our facility. When entering the Strength Test results, you will be asked a series of questions about your experience, goals & preferences. ActivTrax uses the information to create a customized plan for you. After each workout, you may enter your results and the system uses the information to create your next workout.

Who is right for ActivTrax?

Anyone interested and able in strength training and/or weight management is right for ActivTrax. Whether you are new to exercise and need guidance or have been exercising for years and can use a little variety, ActivTrax can help every member reach their goals!

Is there a fee to use ActivTrax?

ActivTrax is state of the art technology and is changing the way people workout at YMCAs all over the country! You won't get it anywhere else. So you must be wondering how much it's going to cost you, right? ActivTrax is 100% **FREE** to all Childers Family YMCA members!!

How do I get started?

You may sign up for a free ActivTrax orientation at the ProShop desk by the downstairs fitness entrance. These orientations are conducted Monday-Thursday 4:30p-6:30p and must be scheduled in advance. If you want to get started on your own, feel free to visit the ActivTrax kiosk in the fitness center and click "Strength Test". A strength test sheet will print out for you. Follow the instructions and then return to the kiosk and enter your test results and obtain your username and password. Your first workout will print automatically after you complete your activation.

If you have any questions, please contact Crystal Winn, Fitness Director at (912)285-8660.