

# YOUR WORKOUT MAP STARTS WITH THE YOUFIT APP



Discover all the tools at your fingertips using the YouFit app, and learn how to maximize your full fitness potential with us.



GYMS

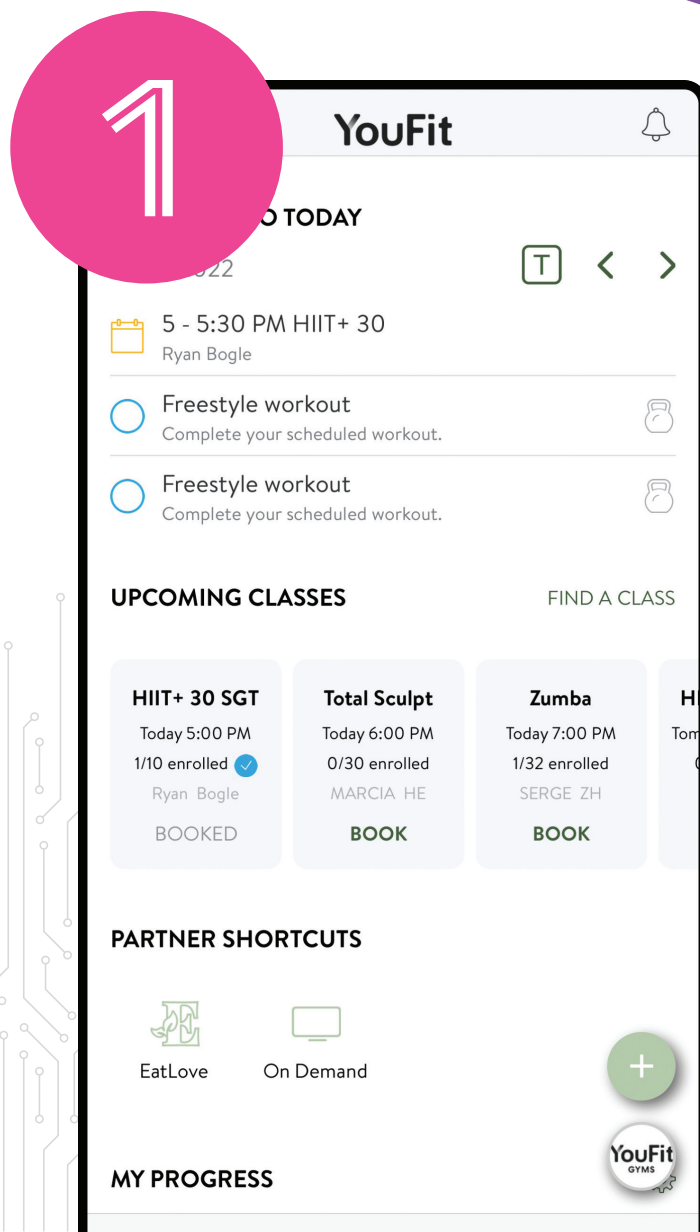
YouFit

As we slowly near the end of the Fit Won't Quit Challenge, we want to ensure you keep building off all the incredible progress and energy you've created over the past couple months. YouFit provides an abundance of tools and resources to keep our members accountable, and the YouFit app is a great way to keep hitting your goals and track your workouts through the power of your smartphone.

Not only is the app your key to accessing the gym and registering for your favorite group fitness classes, you can also easily see what to work on for the day, take your training and nutrition plans anywhere, set health & fitness goals with your trainer, and track all your progress in one streamlined place. We put together a guide to show you how to unlock all the potential you have by utilizing the app to its fullest, and how you can stay committed by achieving your personal best.

## THINGS TO DO TODAY

On the app home screen, you will find your Things to Do calendar section. This portion of the app is the perfect solution for keeping your workouts organized, and laying out the week to plan ahead. All of your group fitness classes that you register for will appear in this section, and you can build your own workouts through the app to streamline your time spent at the gym. You will have the ability to build your own workout (including regular, circuit, and interval training), and workouts that are planned with your YouFit Personal Trainer will also appear in this section. Our database comes complete with 100's of customizable workouts and alternative modifications, so you might just come across your new favorite exercise when building out your routine! Consistency is key when maximizing your time at the gym, and this feature is the perfect way to build out a workout that works for YOU...all carefully curated around your busy schedule. Your workout for the day will automatically appear when you log into the app, and you can quickly scroll through the week with just a click of a button to properly plan ahead.

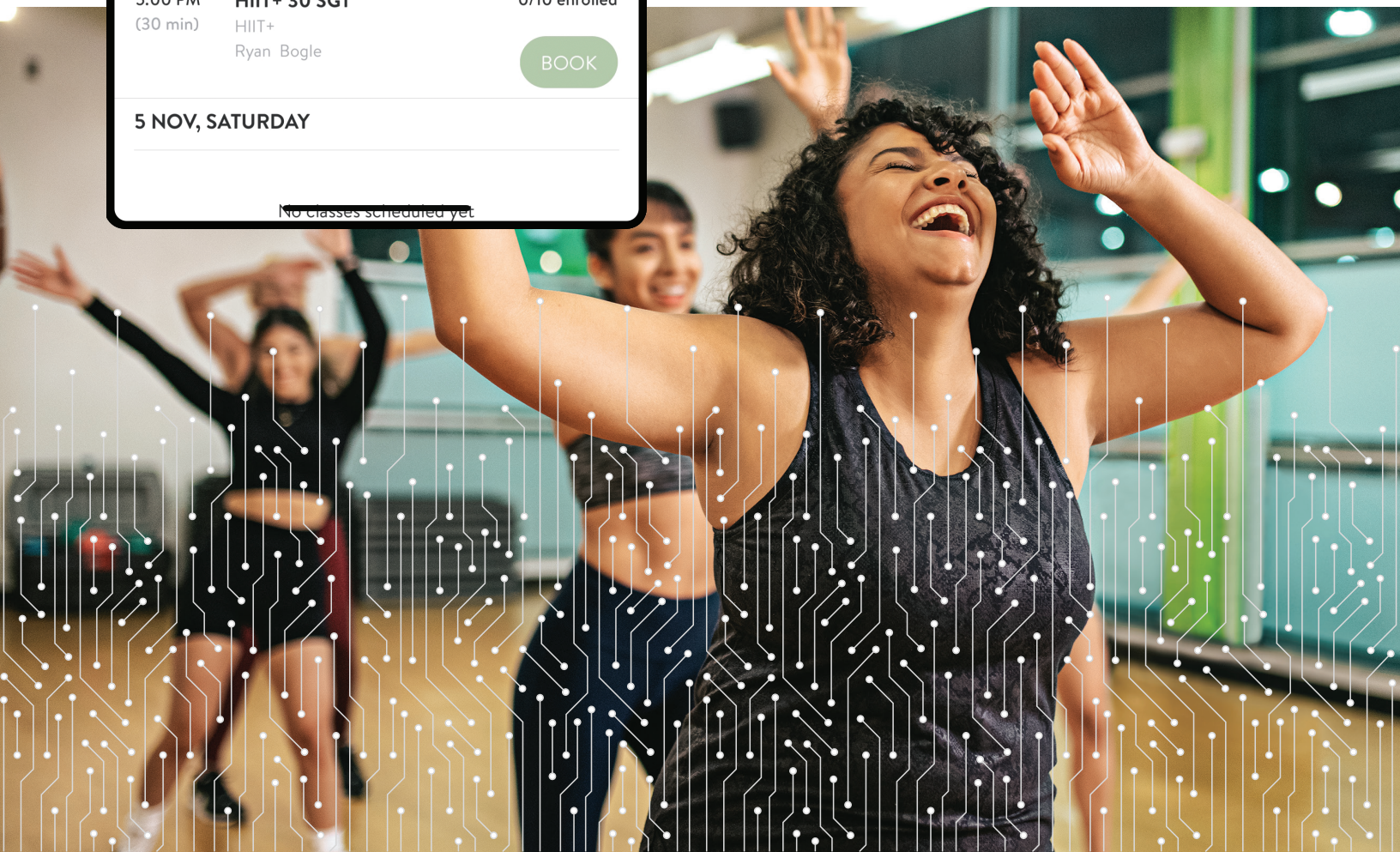




# UPCOMING CLASSES

All of our stellar Group Fitness Classes are synced with the YouFit app, and you can peruse the entire schedule at your preferred location using the seamless planning tool. This section of the app will show you how many spots are available in your favorite classes, and you can reserve them by simply tapping the “Book” button. The app also shows you which instructor will be teaching class, and the length of the class you are registering for. This is the perfect way to try something new, and spice up your routine with an alternative workout. Between Silver Sneakers, Zumba, Total Sculpt, Cycle, Pilates, our signature HIIT+ class, and so much more - our group fitness offerings have something for everyone to enjoy. The classes you register into using the app will automatically add to your schedule, so you’re sure to never miss a beat. Keep in mind our Group Fitness classes are available only for Premium & Premium+ members, so be sure to upgrade your membership to take advantage of the incredible opportunities we offer for an added sense of community and camaraderie while you break a sweat!

Deerfield-Hillsboro Blvd		
<b>TODAY</b>		
10:30 AM (60 min)	<b>Silver Sneakers Classic</b> Group Fitness MARCIA HE	BOOK
5:00 PM (30 min)	<b>HIIT+ 30 SGT</b> HIIT+ Ryan Bogle	1/10 enrolled BOOKED
6:00 PM (60 min)	<b>Total Sculpt</b> Group Fitness MARCIA HE	0/30 enrolled BOOK
7:00 PM (60 min)	<b>Zumba</b> Group Fitness SERGE ZH	1/32 enrolled BOOK
<b>TOMORROW</b>		
5:00 PM (30 min)	<b>HIIT+ 30 SGT</b> HIIT+ Ryan Bogle	0/10 enrolled BOOK
<b>4 NOV, FRIDAY</b>		
5:00 PM (30 min)	<b>HIIT+ 30 SGT</b> HIIT+ Ryan Bogle	0/10 enrolled BOOK
<b>5 NOV, SATURDAY</b>		
No classes scheduled yet		



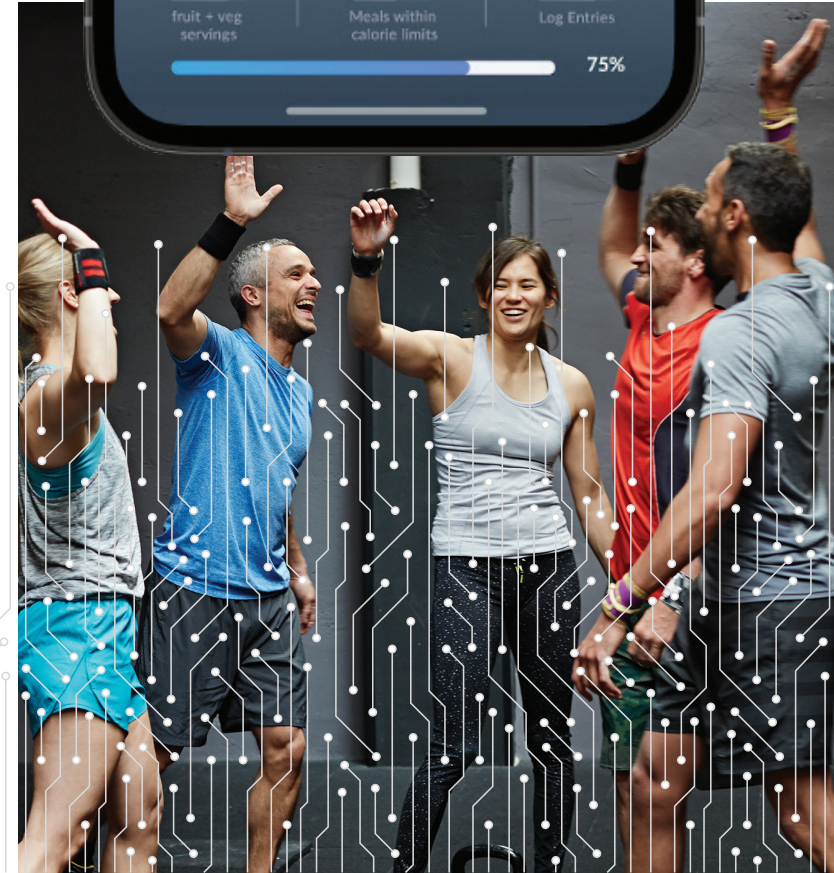
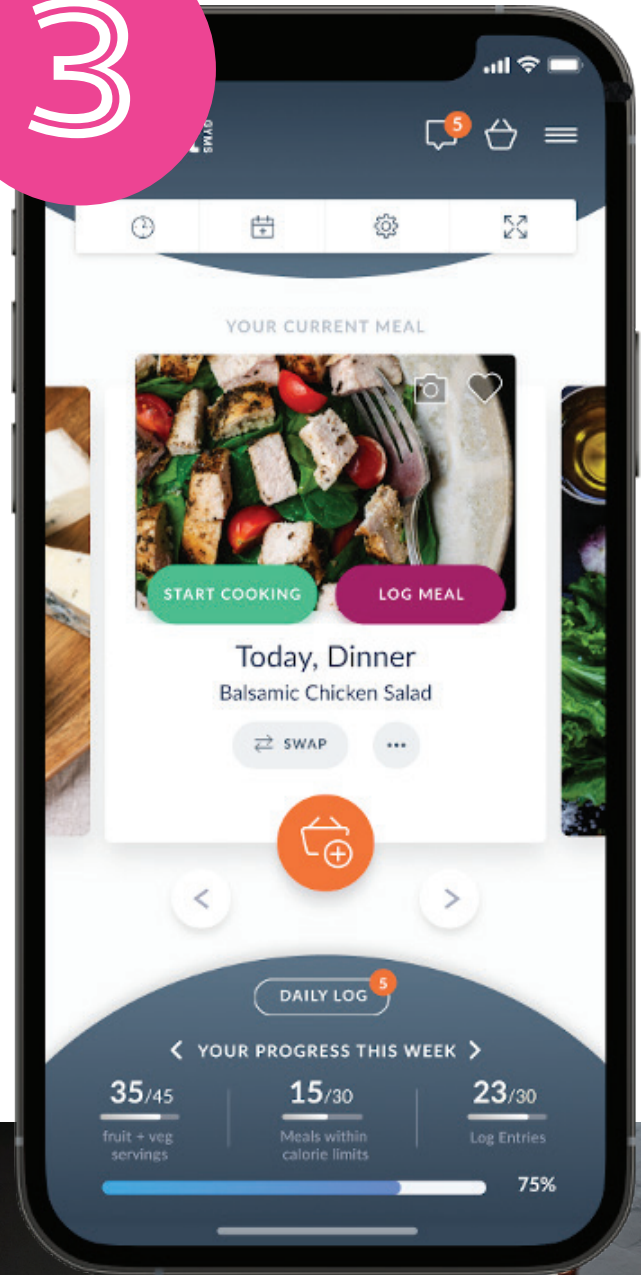
# PARTNER SHORTCUTS

Part of what makes YouFit so great is our exceptional partners that we've teamed with to incorporate an overall healthy lifestyle. Fitness is about so much more than just time spent at the gym, and carving time into your day to workout can certainly be a challenge in itself.

Our friends at EatLove offer incredible nutritional counseling, and provides you with your own personal dietitian in your pocket. Through the EatLove platform, you will be able to create easy personalized recipe playlists, make smart restaurant choices, create grocery lists with optional delivery, and take part in dietitian-led educational series. EatLove helps you create meal plans based on YOUR goals - whether that include muscle gain, weight loss, endurance, and much more. EatLove also provides medical accommodations for all our members including plans for high cholesterol, high blood pressure, diabetics, pregnancy, and celiac disease.



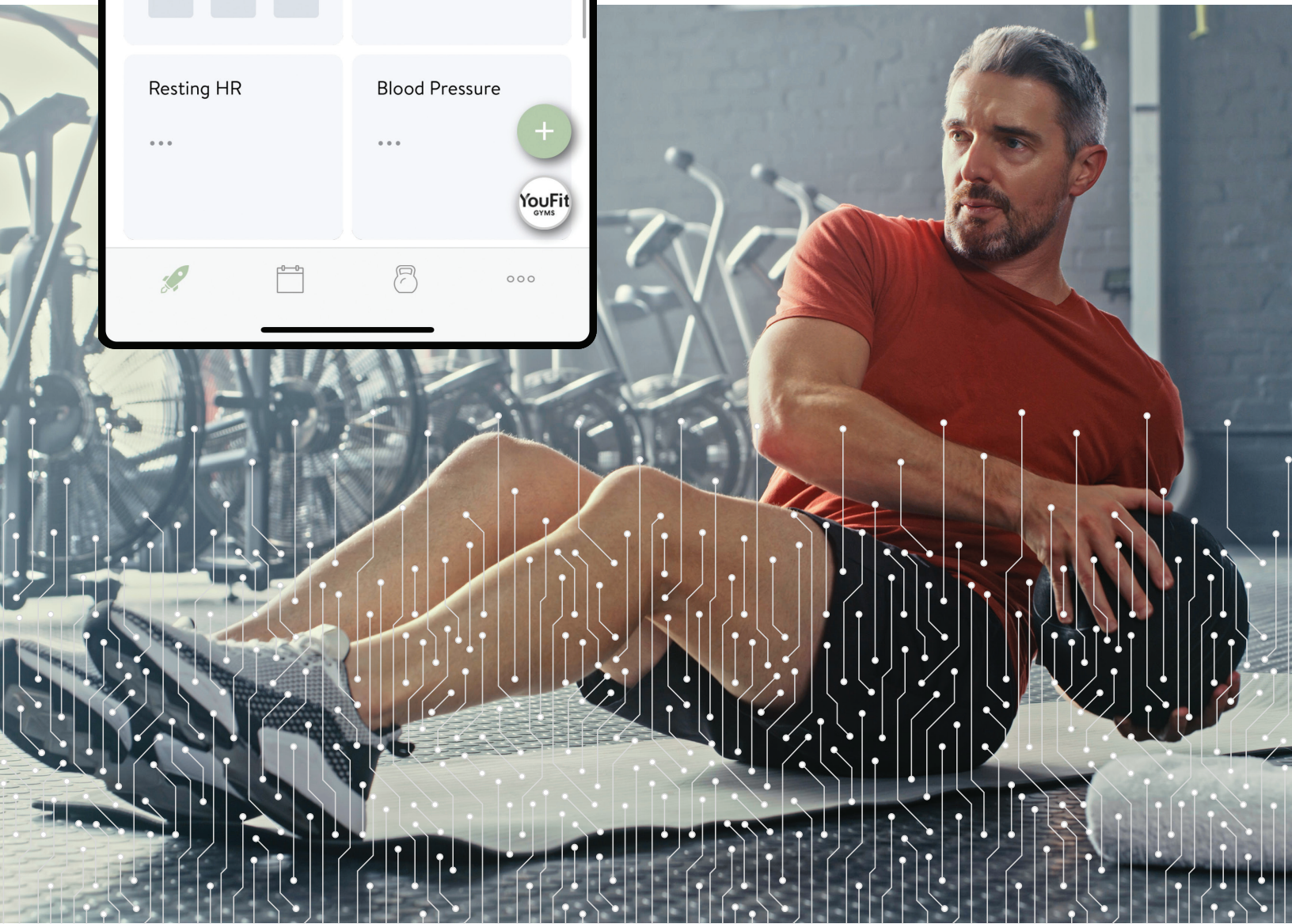
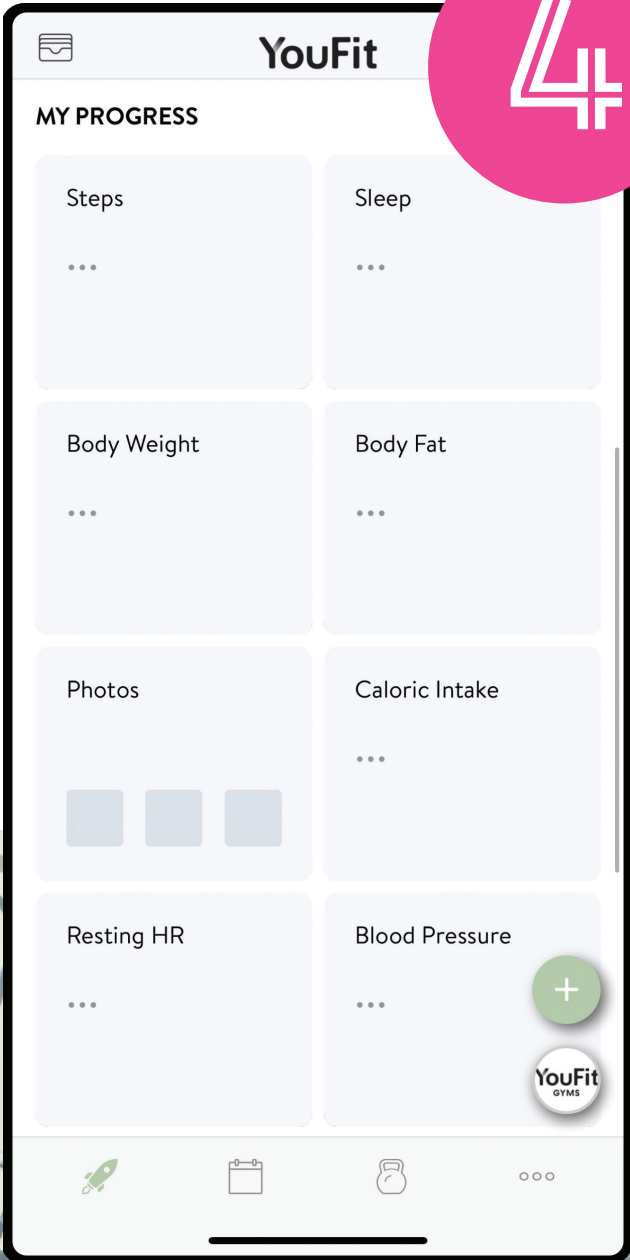
YouFit has also partnered with Les Mills to provide our members with workouts on demand, that you can access from anywhere in the world. We know how hard it can be to carve time to visit the gym between work, childcare, social gatherings, or feeling fatigued - so we are making it even easier for you. YouFit On Demand offers 100's of HIIT, cardio, strength, and yoga workouts that stream to your computer or smartphone, so you'll never feel like you're missing out on your workout again. With new options updated to the database regularly, Les Mills guarantees you'll never get bored of taking the same classes over and over. Working out from home is fun and convenient, but my combining your home workout with a gym membership, you'll be sure to get the best of both worlds!





# MY PROGRESS

A fitness app simply wouldn't be complete without a solid tool and metric system to properly track your progress. Our YouFit app lets you keep an accurate record of ALL your vital statistics, and is the most guaranteed way to measure your progress over time. Including step count, sleep patterns, body weight, body fat, caloric intake, heart rate measurements, blood pressure, and so much more...you'll be able to hit your goals in no time - whatever they might be. The app also lets you upload photos of yourself so you can see the physical progress that you've been making, and compare all of your accomplishments over a period of time. The app seamlessly integrates with Apple Watch, Apple Health, FitBit, MyFitnessPal, and Garmin - so all of your wearable fitness technology will sync into the apps database. With all of these accessible tools available with the touch of a button, these metrics will help increase productivity, and make sure you're constantly striving to become the best version of yourself.



# MEMBER ONBOARDING / WORKOUT PLANS

We get it...stepping foot in a gym for the first time can be extremely daunting and overwhelming. Some members enter our doors as a first-time gym goer, while others might be more seasoned sweat-vets. Regardless of your fitness level, our carefully designed member onboarding routine helps you get accustomed to spending time at the gym, and gives you a multi-week plan to get started. With circuits designed to hit all the key-muscle groups, our plans will guide you through a series of interval cardio training, lower body work, total body circuits, upper body pull days, and upper body push routines. This is also a great way to learn new exercises to add to the routine, and gives you step-by-step instructions on how to carefully complete each movement to avoid injury and maintain proper form. You might just end up finding your new favorite workout through our onboarding plans, and start to work muscle groups that you didn't know existed! Feel free to ask one of our friendly YouFit trainers on the floor for help with any of these exercises, and ensure you're making the most of all the fun exercises you're just discovering.

