

**NEW EGYM: SMART STRENGTH INTELLIGENT SOFTWARE
FOR STRENGTH TRAINING
*Now Only At Cincinnati Sports Club!***

CINCINNATI, OH – DATE – Cincinnati Sports Club is the first in the state of Ohio, Kentucky, Tennessee and West Virginia to offer the new EGYM: Smart Strength training experience for its members. This new, state-of-the art cloud-connected training system combines intelligent software with the latest fitness equipment to provide a fun, easy-to-use, motivating training experience.

This smart circuit system provides personalized, effective and customized workouts for all levels, from beginner to advanced, and regularly measures the user's progress and strength. There are special modes that allow beginners to workout safely and effectively, and more advanced programs for experienced exercisers who want to get stronger, faster.

There is no need to check a paper chart in a file box to remember weight settings or adjust the seat, as the EGYM intelligent software remembers all of your settings!

Says Vic Troha, a Level 4 Master Trainer From Cincinnati Sports Club, "As one of the premiere Clubs in the region, Cincinnati Sports Club strives to provide the most state-of-the-art, equipment and programs for our members. We are very excited about this new smart, strength training technology which is available at only a handful of Clubs in the country.

Strength training on traditional weight machines can be daunting, especially to those who are new to exercise. There are so many knobs, adjustments and settings that need to be made on each type of equipment, that it is easy to get discouraged and fall off the wagon. However, when using the EGYM system, a team member will adjust the member's settings for proper fit and form in an initial onboarding session. From that point on, EGYM will store the user's data and remember them. They can just get on the equipment and go! It truly is that easy."

Troha concludes, "We also realize that one workout does not fit all, and EGYM provides a fun, versatile and personalized experience for every type of exerciser. With EGYM you get to workout your way!"

Now celebrating 34 years, The Cincinnati Sports Club has been continually evolving and growing to meet the changing needs of their members, across 16 sprawling acres, providing the best elements of a health club, social club, and medical wellness facility to fulfill the whole person. For more information, visit cincinnati-sportsclub.com.