



## Welcome to EGYM!

The Cincinnati Sports Club is thrilled to be the first club in the state of Ohio to offer EGYM, a cloud-connected training system that combines intelligent software with the latest equipment to provide a fun, easy-to-use, motivating training experience.

EGYM offers members a simple, effective, and personalized weight training experience. Imagine working out without having to remember your weight or seat settings. EGYM remembers you each session as you scan into the equipment with your CSC Electronic ID.

- Estimated Delivery Date: Tuesday, February 13
- Staff Training Dates: Tuesday, February 20 & Wednesday, February 21
- Member Onboarding Sessions Begin: Thursday, February 22

## FAQ About the Transition

### **Where did the old equipment go that was in this space before?**

- The 15-year-old equipment has been temporarily relocated to the 1st floor group exercise suite before it will be permanently removed from campus. Most cardio pieces will return to this space.

### **Why are you changing the existing equipment, it seems to work fine?**

- The current 15-year-old equipment is resistance band equipment. Like rubber bands, these bands have lost their elasticity and the buttons have failed to work. Members have continued to ask for osteoporosis classes, bone density discussions and easy to use, effective strength training equipment.
- EGYM will simply and effectively manage the weight you lift and increase it gradually if and when you're ready to do so. Focusing on developing muscle mass is key to avoiding joint and back injuries, which naturally occur as we age. Essential activities such as opening jars, lifting heavy objects, and climbing stairs can become easier with a healthy exercise regimen.
- EGYM offers optional program designs for weight loss, rehab, immunity boosting, athletic training and muscle training. Negative and explosive weight training capabilities are also available.

## FAQ For EGYM Usage

### **How do I get signed up to be onboarded by a team member?**

- Onboarding sessions are estimated to begin on Thursday, February 22. Once the equipment has been delivered, we will open the scheduler. You may reserve a time in the Club App by clicking BOOKINGS and selecting EGYM or by calling the Club at 513-527-4000.

### **How long does an onboarding session take?**

- Onboarding takes anywhere from 20-30 minutes, depending on the flow of traffic in the room.

### **Why do I need an appointment with a team member before I can use the equipment?**

- EGYM is much more than just a strength machine. Each machine must be set for height, body structure, and exercise form. A Club team member helps to set these adjustments and explain the EGYM program options.

### **Once I am onboarded, will I have to schedule my time to use EGYM?**

- No. EGYM equipment can be accessed similarly to how the current equipment on the 2nd floor is accessed. Members can choose to use it as a full circuit workout, an alternative place for cardio or to use a few preferred pieces of choice.
- There will still be classes in the space as there are now and family fitness times will still apply. The primary difference is you will want to always have your wristband for this SMART circuit weight training experience.

### **Will family fitness times still be available?**

- Yes. Members ages 9 and older who want to continue to use this space during family fitness times should schedule to be onboarded. The equipment is safe for this age group to participate on.

### **Can 12- & 13-year-olds use this equipment?**

- Members ages 12 & 13 who have completed the youth fitness certification program will also need to be onboarded to the EGYM equipment prior to use.

### **Why does it look like a game?**

- The EGYM curve is created to help control repetition timing. This is an important part of making progress that is harder to control outside the EGYM environment.

### **Can I use EGYM if I forgot my CSC electronic id?**

- If you lost your Electronic ID, a new one can be synced to your account. This can be done without assistance at the Fitness Hub if you have already been onboarded. You need to know your email and password to sync the new EID. If you forgot your Electronic ID, you would need to find another way to work out that day or use the EGYM in guest mode (your workout will not be recorded). Loaner cards should never be synced as this can contaminate data as these cards are re-used.