

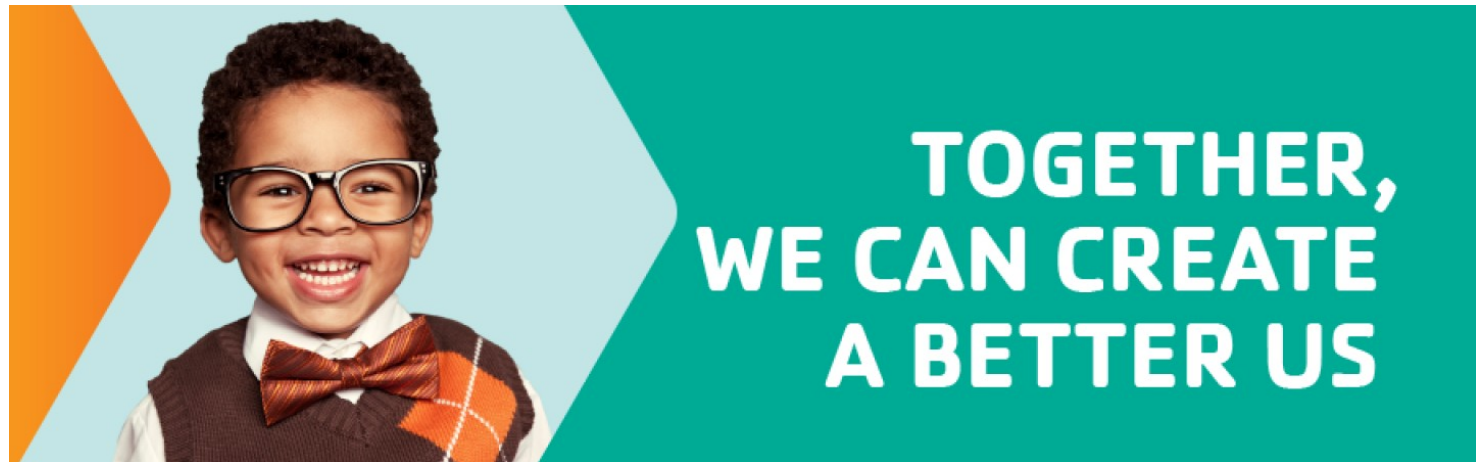


NEW SEASON NEW POSSIBILITIES!

2025/2026 WINTER BROCHURE

SMITHFIELD YMCA

15 Deerfield Drive * PO Box 363
Greenville, RI 02828
www.ymca1.org



ABOUT THE YMCA

OUR CAUSE

At the Y, strengthening community is our cause. Everyday we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive at the Smithfield YMCA.

WHO WE ARE

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

WHAT WE DO

The Y makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. With focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the nation's well-being, and provides opportunities to give back and support neighbors.

HOW WE DO IT

There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across America, we have the presence and partnerships to not just promise but deliver positive change.



THERE'S A Y
IN EVERY
FAMILY



Smithfield YMCA

401.949.2480

www.ymca1.org

15 Deerfield Drive - Greenville, RI 02828

HOURS OF OPERATIONS

Sunday	CLOSED
Monday	5:00 am - 8:00 pm
Tuesday	5:00 am - 8:00 pm
Wednesday	5:00 am - 8:00 pm
Thursday	5:00 am - 8:00 pm
Friday	5:00 am - 8:00 pm
Saturday	7:00 am - 2:00 pm

Thank you to our “Season of Hope” Platinum Sponsor:

The logo for Bradford-Sutcliffe Insurance (BSI) features the letters 'BSI' in a large, bold, serif font. The letters are dark green with a lighter green outline or shadow effect.

BRADFORD-SUTCLIFFE
INSURANCE

511 Putnam Pike * Greenville, RI 02828 * 401.949.3500

Bradford-Sutcliffe Insurance Sponsor is designated to assist in purchasing food and basic care needs for the Smithfield YMCA's Nurturing Hope Food Pantry. We appreciate your steadfast support!

GUEST PASSES

The purpose of our guest pass policy is to enhance member service to current members who are encouraging a friend to join or have an out of town visitor. Each membership is allotted 3 guest passes per year. Guests are limited to 3 visits per year. After that, we encourage guests to take out their own Y membership.

PROGRAM CREDITS & REFUNDS

There are no refunds on programs unless the YMCA cancels the program. Voluntary withdrawal from a program will result in a program credit ONLY. There are no refunds or program credits for swim lessons that are cancelled due to poor weather (thunder and lightning). If possible, contact the AD to schedule a make-up class.

PROGRAM PARTICIPANT ENTRY

Program Participants and spectators MUST check in at the Courtesy Desk upon arrival. Thank You!

YMCA MEMBERSHIP POLICY

There are NO refunds on YMCA memberships. If you would like to cancel your bank draft membership the Y requires 10 days written notice. You can simply complete a bank draft cancellation form at the Courtesy Desk or mail or fax a letter, requesting your cancellation. We MUST have your signature with a bank draft cancellation form.



VOLUNTEER OPPORTUNITIES

As a volunteer-based organization, the YMCA thrives on people helping people. The act of sharing, teaching, giving and working with others can bring new meaning to your life. For more information on volunteering please contact Shauna at 401-949-2480 x102.

NATIONWIDE MEMBERSHIP

As a member of the Smithfield Y, you are able to utilize any YMCA in the country, as long as you are using your **home Y** at least 50% of the time. Your **home Y** is the YMCA that you took your membership out at (in this case the Smithfield YMCA is your home Y).

Nationwide Membership is valid for YMCA facility usage ONLY. Y Programs are not included in reciprocal usage and visiting members pay the non-member rate for programs. Each Y has the right to restrict usage so please call ahead based on your needs.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA MEMBERSHIP RATES

<u>Membership</u>	<u>Joiners Fee</u>	<u>Monthly Bank Draft</u>
Youth (0-17)	\$30	\$22.00
Young Adult (18-25)	\$30	\$33.00
Adult	\$30	\$40.00
Couple	\$30	\$56.00
Senior (62+)	\$30	\$34.00
Senior Couple	\$30	\$49.00
One Adult Family	\$30	\$52.00
Family Membership	\$30	\$63.00

Veteran Discount - Receive \$10 off any membership category

*One Adult Family is 1 adult and any children under the age of 18 that *live in the same house*

*Family Membership - 2 Adults & any children under 18 yrs old that *live in the same household*

MY Y IS EVERY Y

Your Smithfield Y membership can be used anywhere in the country. On your first visit to a reciprocal Y, bring your photo ID and your YMCA membership scan card. Some Ys may have restrictions, please call ahead!

CHILD WATCH/BABYSITTING

Babysitting is FREE for Smithfield Y Members. Pre-registration is required at least 24 hours in advance. Please visit www.ymca1.org to register.

MEMBERSHIP with HEALTH INSURANCE

Do you have BCBS or United Health, Medicare Plan B Insurance? If so, inquire at the Courtesy Desk about discounted rates for Seniors. Simply bring in your health care card, and a Staff Member will take care of the rest!

Thank you to our “Season of Hope” Platinum Sponsor:



Navigant Credit Union's Sponsor is designated to assist in purchasing food and basic care needs for the Smithfield YMCA's Nurturing Hope Food Pantry. We appreciate your steadfast support!

STRIVE FOR
PROGRESS, NOT
PERFECTION.



ymcawnc.org



BE KIND.
WORK HARD.
REPEAT.



"CHILDREN HAVE
NEVER BEEN VERY
GOOD AT LISTENING TO
THEIR ELDERS, BUT
THEY HAVE NEVER
FAILED TO IMITATE
THEM."

- JAMES BALDWIN

GENERAL INFORMATION

HOURS OF OPERATION

Sunday	CLOSED
Monday	5:00 AM - 8:00 PM
Tuesday	5:00 AM - 8:00 PM
Wednesday	5:00 AM - 8:00 PM
Thursday	5:00 AM - 8:00 PM
Friday	5:00 AM - 8:00 PM
Saturday	7:00 AM - 2:00 PM

HOLIDAY CLOSURES

Thursday, November 27th Thanksgiving Day
Thursday, December 25th Christmas Day
Thursday, January 1st New Year's Day

HOLIDAY REDUCED SCHEDULE

Tuesday, December 24th Christmas Eve
Tuesday, December 31st New Year's Eve
Monday, January 19th Martin Luther King's Day
Monday, February 16th President's Day
****Reduced Hours 5:00 AM to 10:00 AM****

CHILD WATCH HOURS

Monday 9:00 AM - 12:00 PM
Wednesday 9:00 AM - 12:00 PM
Friday 9:00 AM - 12:00 PM

Visit www.ymca1.org -
Pre-registration is required!

FALL II SESSION

November 3rd - December 20th
Enrollment begins:
Monday, October 20th

WINTER SESSION

January 5th - February 21st
Enrollment begins:
Monday, December 15



SMITHFIELD YMCA

SCHOOL'S OUT

BEFORE AND AFTER SCHOOL CARE

SMITHFIELD ELEMENTARY PUBLIC SCHOOLS

2025/2026

Before School Care

The Before School Program: Pleasant View Elementary School is the host site for all Smithfield Elementary Schools, PVE, LAP & OCRS. The program begins at 6:45 AM. Students attending OCRS & LAP will be bussed from PVE to their home schools. Students are served breakfast every morning until 7:45 AM. Breakfast rotates between waffles, cereal, toast, pancakes, etc. Morning care activities include board games, arts and crafts, and extra homework assistance.

After School Care

The After School Program: Students attending Pleasant View Elementary will be dismissed directly to the Y staff at the end of the school day. Children attending Old County Road School and Raymond LaPerche Elementary will be bussed to the YMCA upon school dismissal. The program runs until 6:00 PM. The Y will provide afternoon snack, activities include board games, arts and crafts, extra homework assistance, and outside play!



Before School Fees

3 days per week	\$200.00/month
5 days per week	\$300.00/month

After School Fees

3 days per week	\$300.00/month
5 days per week	\$465.00/month

Before/After School Fees

3 days per week	\$430.00/month
5 days per week	\$645.00/month

\$30 REGISTRATION FEE PER FAMILY

All School's Out Participants MUST be a Smithfield YMCA Member at time of registration and pay a monthly auto-debit to hold a spot in the program.

Registration Opens March 3rd!

Visit our website to register,

www.ymca1.org

Questions?

**Abby Kempski, Childcare and Summer Day
Camp Director**
abby@ymca1.org
401-949-2480 ext. 101

The Smithfield YMCA offers Financial Assistance through the YMCA Youth Scholarship Fund for any family that demonstrates a need. We are happy to assist children/families that would benefit from before and/or after school childcare but are currently unable to afford the full amount. For more information, please contact Director.

Thank you to our “Season of Hope”
Gold Sponsor:



Thank you to our “Season of Hope”
Gold Sponsor:





PRE-SCHOOL & PARENT CHILD SWIM LESSONS

Members/Non-Members: \$70/\$110

PIKE (beginner) & EEL (intermediate) for Ages 3 - 5 years

Using a bubble children will explore the aquatic setting as we focus on confidence. Children will learn the basics of freestyle, breaststroke & floating on their backs. Bubbles will be reduced as the session progresses. For all beginner Pikes, please use a 3 bubble for class.

Monday	4:45 - 5:15 PM
Tuesday	9:30 - 10:00 AM
Wednesday	5:30 - 6:00 PM
Thursday	4:45 - 5:15 PM
Saturday	9:15 - 9:45 AM 9:45 - 10:15 AM 11:30 - 12:00 PM

LITTLE PIKES for Ages 3 - 5 years

Little Pikes is a transitional class between parent/child classes and a Pike (no parent) class. The first 3 weeks of the session, the parent and child are in the water, followed by the last 4 weeks of the session when the child will be in the water with just the instructor. Children must be able to balance in a bubble.

Saturday	11:00 - 11:30 AM
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RAY (advanced Intermediate) & STARFISH (advanced) for Ages 3 - 5 yrs

Children in Ray/Starfish levels should be wearing a maximum of 1 bubble or no bubble. Children will begin to develop freestyle and breaststroke techniques, as well as diving skills. Ray & Starfish level swimmers should be comfortable getting their face wet and going under water.

Monday	4:45 - 5:15 PM
Tuesday	10:00 - 10:30 AM
Wednesday	5:30 - 6:00 PM
Saturday	9:15 - 9:45 AM 9:45 - 10:15 AM

WATERBABIES - Ages 6 - 24 months & PIKE WITH PARENT Ages 24 - 36 months

Parent & Child classes combine singing, water toys, a slide, a float mat, and plenty of interaction with other children, for a fun-filled class. Parent/Guardian must accompany their child in the water. Depending on the age and size of the participant, bubbles are provided. This class is the first step to growing a safe, confident swimmer!

Tuesday	9:00 - 9:30 AM	Wednesday	5:30 - 6:00 PM
Saturday	9:00 - 9:30 AM 10:20 - 10:50 AM		



YOUTH SWIM LESSONS

Members/Non-Members: \$70/\$110

Youth swim lessons are a child alone class for ages 6 - 14 years. Each level of swim lessons builds upon the preceding level. Children will progress through lessons at their own rate. It is important to understand that children will not pass or fail a level, however they will move up when the instructor feels that they are ready.

POLLIWOG I & POLLIWOG II (beginner & advanced beginner)

Using a bubble to help children focus on stroke development, children will learn 3 strokes of swimming while, practicing floating, flutter kicks, gliding & gaining confidence in the water.

GUPPY, MINNOW & FISH (intermediate & advanced intermediate)

Children in these levels should not wear any floatation device. Children will build endurance and must be able to swim 25 - 50 yards unassisted, consecutively. Children will perfect their freestyle stroke, while working on their backstroke and breaststroke. Swimmers will also begin dives & treading water.

POLLIWOG I & POLLIWOG II (beginner & advanced beginner) Ages 6 - 14 years

Monday	4:00 - 4:45 PM
Wednesday	6:00 - 6:45 PM
Thursday	4:00 - 4:45 PM
Saturday	10:20 - 11:05 AM 11:10 - 11:55 AM

GUPPY, MINNOW & FISH (intermediate & advanced intermediate) Ages 6 - 14 years

Monday	4:00 - 4:45 PM
Wednesday	6:00 - 6:45 PM
Thursday	4:00 - 4:45 PM
Saturday	10:20 - 11:05 AM 11:10 - 11:55 AM

SMITHFIELD YMCA DOLPHINS SWIM TEAM

For more information about the
Competitive Season Swim Team,
contact Aquatic Director and Head
Coach, Jen Roy @ Jennifer@ymca1.org!

SAFE SWIMMERS START HERE!

AQUATIC PRIVATE LESSONS & PARTY RENTALS

Private Swim Lessons

Private swim lessons are designed to help children swim one-on-one with a qualified instructor. Semi-Private lessons are for up to two swimmers. All lessons are a half an hour each. Private Lessons must be paid for at the time of booking. All lessons must be scheduled through the Aquatic Director at ext 16.

Private Lesson Fee

Member/Non \$25/\$40

Semi - Private Lesson Fee

Member/Non \$45/\$65

Create Your Own Lesson

The Smithfield YMCA is offering a brand new opportunity for swim participants. It's simple and rewarding!

Have you ever wanted to put your child in swim lessons but wished they could be with their friends, or do you wish you could socialize with your friends while your children enjoy lessons together? If so, this is the program for you!

Gather a group of friends/relatives and call the Aquatic Director. We will schedule a group lesson during a time that YOU PICK! You can have a minimum of 3 children and a maximum of 6 children in a lesson!

Member/Non \$90 per child / \$130 per child

Adult Lessons

All levels are welcome. Our instructors are prepared to help avid swimmers looking to refine strokes, as well as teach new swimmers that may be nervous in the water, how to swim! Register Today!

Saturday 8:15 - 9:00 AM

Member/Non \$70 / \$100

CELEBRATE WITH US

Birthday Parties

Host your next birthday party at the Y!



Birthday Party Rentals

Let the Smithfield YMCA host your next Birthday Party to keep the fun the same but the mess out of your house! Each party rental is provided with a Party Hostess and 1 lifeguard for up to 25 children (additional children will receive a 2nd lifeguard for an additional fee). The Party Hostess will set-up all the tables, chairs, food, refreshments and cater to any special requests that you may have.

Parties are held only on Saturdays from 2:00 - 4:00 PM on Saturdays. Children will swim, eat, play any games you request and open gifts! All rentals must be paid in full at the time of reservation. Up to 1 Birthday Child may be added for a fee of \$50.

All parties will spend the first hour in the Pool swimming and the second hour of the party in the Party Room or Pavilion (weather pending) for food, cake and presents.

For children ages 5 and below, there must be at least 1 adult per every 5 children in the pool. No outside floatation allowed. The Y will provide floatation for children.

Members: \$260 (up to 25 children)

Members: \$295 (over 25 children)

Non-Member: \$345 (up to 25 children)

Non-Member: \$400 (over 25 children)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP & OPEN SWIM AVAILABILITY

Monday December 1, 2025 - March 2, 2026

LAP SWIM AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30AM 4 Lap Lanes 1 Open Exercise	5:15 - 7:30 AM 4 Lap Lanes 1 Open Exercise	7:00 - 8:10AM 5 Lap Lanes
7:30 - 8:15 AM 3 Lap Lanes	7:30 - 9:00 AM 3 Lap Lanes	7:30 - 8:15 AM 3 Lap Lanes	7:30 - 9:00 AM 3 Lap Lanes	7:30 - 8:15 AM 3 Lap Lanes	12:15 - 1:45 2 Lap Lanes
11:45 - 1:30 PM 2 Lap Lanes	11:45 - 1:30 PM 2 Lap Lanes	11:45 - 1:30 PM 2 Lap Lanes	11:45 - 1:30 PM 2 Lap Lanes	11:45 - 1:30 PM 2 Lap Lanes	
3:30 - 4:00 PM 3 Lap Lanes	3:30 - 4:00 PM 3 Lap Lanes	3:30 - 4:00 PM 3 Lap Lanes	3:45 - 4:45 PM 2 Lap Lanes	3:00 - 4:00 PM 2 Lap Lanes	
	6:45 - 7:45 PM 2 Lap lanes	7:00 - 7:45 PM 2 Lap Lanes		6:45 - 7:45 PM 2 Lap Lanes	

FAMILY SWIM / OPEN AREA AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 - 8:15 AM 2 Open Lanes	7:30 - 9:00 AM 2 Open Lanes	7:30 - 8:15 AM 2 Open Lanes	7:30 - 9:00 AM 2 Open Lanes	7:30 - 8:15 AM 2 Open Lanes	
11:45 - 1:30 PM 2 Open Lanes	11:45 - 1:30 PM 2 Open Lanes	11:45 - 1:30 PM 2 Open Lanes	11:45 - 1:30 PM 2 Open Lanes	11:45- 1:30 PM 2 Open Lanes	12:15 - 1:45 PM 2 Open Lanes
3:30 - 4:00 PM 2 Open Lanes	3:30 - 4:00 PM 2 Open Lanes	3:30 - 4:00 PM 2 Open Lanes		3:00 - 4:00 PM 2 Open Lanes	
	6:45 - 7:45 PM 2 Open Lanes	6:45 - 7:45 PM 2 Open Lanes		6:45 - 7:45 PM 2 Open Lanes	

***Lane sharing may/will be required based on availability.
Circle swimming is required with 3+ members per lane.***

SMITHFIELD YMCA GROUP FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 8:00 AM		Strength & Stretch <i>(Zoom Class)</i>		Strength & Stretch <i>(Zoom Class)</i>		
8:00 - 8:45 AM			Burn Your Buns Off <i>with Toni</i>			
8:00 - 9:00 AM	Burn Your Buns Off <i>with Toni</i>	Hatha Yoga <i>(Taught by the YMCA's Anita at the Senior Center)</i>		Hatha Yoga <i>(Taught by the YMCA's Anita at the Senior Center)</i>	Total Body Strength <i>with Kim</i>	
8:20 - 9:05 AM	Fluid Fitness		Fluid Fitness		Fluid Fitness	
9:00 - 9:50 AM			Chair Yoga <i>with Teri</i>			
9:00 - 10:00 AM				Fluid Foundations <i>9:15 - 10:00 am</i>		Essentrics <i>with Nancy</i>
9:15 - 10:00 AM	Fluid Fitness		Fluid Fitness		Fluid Fitness	
9:15 - 10:15 AM					Essentrics <i>with Pam</i>	
10:00 - 11:00 AM	Essentrics <i>with Pam</i>		Chair Yoga <i>with Teri</i>			
10:15 - 11:15 AM						Essentrics <i>with Nancy</i>
10:45 - 11:30 AM	Senior Splash	Senior Splash	Senior Splash		Senior Splash	
5:00 - 6:00 PM	Belly Dancing <i>with Erica</i>					
6:15 - 7:15 PM		Essentrics <i>with Pam</i>	Total Tabata <i>with Kim</i>			
6:30 - 7:30 PM	Kripalu Yoga <i>with Diane</i>					

Group Exercise Class Descriptions

Registration required for ALL land classes

REGISTER up to 48 hours in advance !

Fluid Fitness - This low impact, high intensity water aerobics class is perfect for all fitness levels. Water barbells are combined with cardio exercises in this class held in the shallow end. Torie, Jen, Jean and Jill will get you moving and get your mornings started on the right foot! ***Smithfield Y Member Favorite**

MONDAY, WEDNESDAY, FRIDAY

8:20 - 9:05 AM & 9:15 - 10:00 AM

Senior Splash - This class offers low to no impact and is great for rehabbing injuries, meeting new friends and feeling strong. Water aerobic classes improve cardio fitness & are great for circulation, while building bone density and improving balance.

MONDAY, TUESDAY, WEDNESDAY, FRIDAY

10:45 - 11:30 AM

Fluid Foundations - This *low-impact* workout is designed to enhance core strength, stability, and overall body balance. Conducted in the pool, this class combines the resistance of water with targeted exercises.

THURSDAY 9:15 - 10:00 AM

Strengthen & Stretch - Join Nancy (via ZOOM) in this moderate cardio class that focuses on stretching, combined with light weights, for a complete body workout for all ability levels. *This class is great for older active adults and seniors!*

TUESDAY & THURSDAY 7:00 - 8:00 AM

Burn Your Buns Off - Get your blood flowing, burn calories, and gain muscle! Burn your Buns sculpts your body by using various hand weights throughout this cardio and strength training class that will burn your buns off! Start your Monday off right!

MONDAY 8:00 - 9:00 AM & WEDNESDAY 8:00 - 8:45 AM

Belly Dance - You do NOT want to miss this fun and energetic class! Join Erica and the gang for a FUN belly dancing class, incorporating balance, flexibility, strength and core health. **MONDAY 5:00 - 6:00 PM**

Essentrics - This *no impact* class strengthens & stretches for lean, strong and flexible muscles. Essentrics is for all ability levels and improves posture, tones muscles, assists with chronic pain relief and increases mobility. Chairs are used in class to assist with balance! Nancy & Pam will welcome you to this amazing class for all ability levels.

***Smithfield Y Member Favorite**

MONDAY 10:00 - 11:00 AM TUESDAY 6:15 - 7:15 PM

FRIDAY 9:15 - 10:15 AM

SATURDAY 9:00 - 10:00 AM & 10:15 - 11:15 AM

Hatha Yoga - Hatha Yoga is appropriate for all student levels. Participants warm up with gentle breathing, stretching and centering exercises, followed by flowing postures. Class ends with a final relaxation and meditation. This class is great for your mind, body and soul! Join Anita today for a wonderful experience.

TUESDAY & THURSDAY 8:00 - 9:00 AM

Chair Yoga - Chair yoga is a gentle practice in which postures are performed sitting and standing with the aid of a chair for balance and support. Strengthen your body & relax your brain.

WEDNESDAY 9:00 - 9:50 AM & 10:00 - 10:50 AM

Kripalu Yoga - Class begins with warm-up movements and breath awareness to prepare for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class will end with deep relaxation and meditation. Class level is gentle.

MONDAYS 6:30 - 7:30 PM

Total Body Tabata - This fast-paced class includes high and low cardio intervals combined with kickboxing moves to tone, and maximize burning fat and calories. Lunge, squat, and kick your body into a fitter you!

MONDAY 6:00 - 7:00 PM & FRIDAYS 8:00 9:00 AM



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CentrevilleBank[®]
Progress on Purpose

Thank you to our “Season of Hope”
Gold Sponsor:



E G Y M

SMARTER =
STRONGER



E G Y M

MAKING
FITNESS
FUN

What is eGym? eGym takes the guesswork out of strength training and helps you keep a routine and reach your goals! eGym consists of 10 fully electronic stations that cover all the major muscle groups and have been developed according to the latest exercise science research. To use these machines, each member completes an orientation which allows the machines to recognize you, adjust for height, weight and strength, and tracks your progress. eGym machines feature touchscreens with an interface like a video game that shows you how many reps to do, at what speed and with what range of motion. The eGym machines are arranged in a circuit and a timer tells you when to change machines to ensure a full workout in under 45 minutes.

These machines are incredibly easy to use because they are personalized to you. eGym works for everyone, from the beginner to the more advanced athlete – you can train based on your individual strengths, weaknesses and fitness goals. Gain confidence that you're doing the right workouts the right way!

eGym is offered to Smithfield YMCA members completely FREE! eGym will help you achieve your fitness goals. eGym provides a very efficient and versatile workout for all training objectives such as muscle building, muscle toning, athletic performance, general fitness and weight loss. Through regular strength measurements, the machines adapt your training weight automatically. You will always work out with the optimum resistance to achieve your goals.

Your machine settings will be automatic. After a one-time complimentary introduction, the eGym machines will adjust to your settings automatically at every training session. Train smarter NOT harder!

