



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TechnoGym SmartKey

Transform your workout with the Wellness System Smartkey—your key to wellness! The Wireless Smartkey guides you through your personalized training program and records your progress to keep you motivated toward your goal. The Smartkey helps you safely follow your training program to increase functionality, health, and performance.

When

After you register at the Welcome Desk and complete the necessary forms, a trainer will call you to schedule an appointment at your convenience.

Where

Cardio Theatre

Members Only

Smartkey	\$35.00
Re-test and evaluation	\$15.00



Contact

Pam Duckworth, Wellness Director, 336-395-9622

Additional Information:

Please wear athletic clothing and shoes for training. An orientation on the equipment is preferred before signing up for the SmartKey.

ALAMANCE COUNTY COMMUNITY YMCA

1346 South Main Street, Burlington NC 27215

P 336 395 9622 F 336 229 4507 www.acymca.org

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.