

ActivTrax

AT THE DISC!



THE DISC NOW FEATURES THE ACTIVTRAX APP!

The power of ActivTrax workouts comes from its ability to prescribe you a custom workout on the equipment the DISC has available — it's that simple. Each workout can be generated for you, based on your abilities and preferences. Each workout comes with instructions on exactly how much weight to use and the number of reps to perform. ActivTrax also has meal prep and shopping lists!

ACTIVTRAX IS FREE TO FULL FACILITY ANNUAL MEMBERS!

Contact the fitness navigation staff to schedule your signup or Melissa at 429-3472 with questions.

