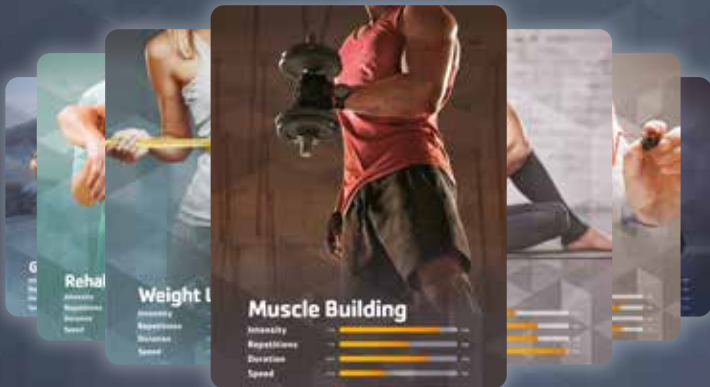


# 7-Day **Free Trial** Voucher



**Whatever you want to achieve, eGym has the right training plan for you.** After your one-time orientation, the eGym strength machines will calculate your personal training plan, adjust each machine for your height and power, and increase your difficulty level as you progress.

## YMCA eGym LOCATIONS

### Briargate Y

4025 Family Place  
Colorado Springs, CO 80920

### Downtown Y

207 North Nevada Avenue  
Colorado Springs, CO 80903



### eGym Fitness App

Track real-time training progress

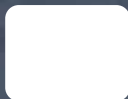


# 7x free training sessions

Please show this card at the front desk.  
On your first visit, you will need to complete a one-time eGym orientation.



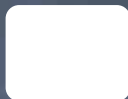
Training 1



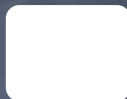
Training 2



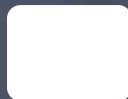
Training 3



Training 4



Training 5



Training 6



Training 7

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

**We are looking forward to  
welcoming you.**

## eGYM ORIENTATION

During your 30-minute orientation, you will receive your personalized identification band, have the machines set to the proper height and weight, learn how to operate the machines, and be taught how to navigate the equipment. The machines cannot be used without a band.

## 7-DAY TRIAL GUEST PASS

- Valid when visiting YMCA of the Pikes Peak Region only
- Guest will receive seven visits
- Current photo ID must be presented with guest pass

## STATEMENT OF PURPOSE

The purpose of the Y is to establish and maintain a fellowship among individuals and families of all races, religions and backgrounds. Our mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## CONDITIONS OF MEMBERSHIP

Guest membership is not transferable. This card must be presented upon request and will be forfeited by violation of the rules of the Y. Acceptance of this card signifies the acceptance of the rules and agreement with the Y's purpose and goals. The Y is not responsible for injuries sustained while engaged in Y activities.