

Training Resources

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Personal Training Program

INCLUDES:

- Highly Qualified Trainers with Degrees and Certifications
- Nutritional Counseling
- Progress Assessments Every 4 Weeks
- Exercise Prescriptions on Days without Your Trainer
- Private Training Studio and Equipment
- Affordable Monthly Payment and payroll deduction options available
- Receive constant motivation, support and accountability.
- Optional training methods (One on One, Buddy Training, or Small Group)

The personal training program is offered as an add-on to your free membership for a fee.

Uptivo Fitness Tracking Platform

What is Uptivo?

Uptivo is a fitness tracking platform designed to monitor and improve your workouts using real-time heart rate data and performance metrics. It works with compatible heart rate monitors and fitness trackers to provide detailed feedback during exercise sessions. Uptivo helps you stay motivated and informed by showing how hard you're working, tracking progress over time, and encouraging healthy competition through leaderboards and challenges (often used in group training settings).

Key Features:

- **Real-time heart rate monitoring:** See your heart rate zones live during workouts.
- **Performance tracking:** Track calories burned, effort levels, and overall workout intensity.
- **Training history:** Review past sessions to monitor progress and trends.
- **Group training support:** Great for gyms and fitness classes with leaderboards and group stats.
- **App integration:** Sync data with the Uptivo app for ongoing fitness analysis.

Whether you're training solo or in a class, Uptivo helps you get the most out of every workout by making your effort visible and measurable.



CPR Training

The Wellness Center offers occasional CPR certification and skills classes. Additional fees apply for certification. Contact [Spencer Bradley](#) for more information.

Motivational Challenges

Stay Motivated with Wellness Center Challenges

The Wellness Center offers a variety of motivational challenges to keep you engaged and inspired on your health journey. Join fitness challenges powered by Uptivo to track your effort in real time, compete in step challenges alongside your colleagues, or take on nutritional challenges designed to build healthy habits. These fun and goal-driven programs not only boost your well-being but also give you the chance to win exciting prizes along the way! Whether you're driven by friendly competition or personal milestones, there's a challenge for everyone.

Stay tuned for more information about these challenges as they are announced throughout the year.