

Benefits of the wellness system

EASY TO USE – The Wellness System Key simplifies every aspect of the user experience. Members simply insert the Key into each piece of equipment, which then starts automatically, and follow the instructions displayed.

INCREASED MOTIVATION – With a clearly defined routine to follow, and constant feedback on their progress, users feel more motivated to continue until their goals are achieved.

PERSONALISED EXPERIENCE – The system provides each user with an individual fitness assessment, which provides the starting point for creating a personalised workout programme. Each workout is then monitored, in order that both customers and trainers can see how well they are doing, and make any necessary changes.