



EXCITING UPGRADES ARE COMING TO YOUR YMCA HEALTHY LIVING CENTER!

We're thrilled to share some exciting news: brand-new fitness equipment is going to be installed at the Marshfield Clinic Health System YMCA-Marshfield Center! We're committed to keeping your workout experience safe, modern, and motivating – and this upgrade is one more way we're investing in YOU. We're continuing to partner with Matrix and LifeFitness, leaders in premium fitness solutions, to provide these new resources to our over 7,000 members.

INSTALLATION TIMELINE & FACILITY ACCESS:

 **DATE & TIME**  **AREA AFFECTED**  **NOTES**

August 11 – 5:00 am through August 13 – 5:00 pm	Accessible Parking Spaces	Temporary Closure of Select Accessible Parking Spaces for Truck Loading/Unloading
August 11	Healthy Living Center Studio C & D	Temporary Closure for Extraction of Cardio Equipment. Roehl Fieldhouse Track & Strength Training Center Remain Open
August 12	Healthy Living Center Studio C & D	Temporary Closure for Cleaning and Preparation of Equipment Installation. Roehl Fieldhouse Track & Strength Training Center Remain Open
August 13	Healthy Living Center Studio C & D	Temporary Closure for Installation of Cardio Equipment. Roehl Fieldhouse Track & Strength Training Center Remain Open
August 14 – 5:00 am	Healthy Living Center Studio C & D	Reopening of Healthy Living Center & Studios. Equipment Orientation Sessions Available and Group Exercise Classes Resume

PLEASE PLAN YOUR WORKOUTS ACCORDINGLY—WE APPRECIATE YOUR PATIENCE THROUGHOUT THIS PROCESS!

WHAT'S NEW?

HERE'S A SNEAK PEEK OF THE NEW CARDIO EQUIPMENT YOU'LL GET TO ENJOY

HEALTHY LIVING CENTER



Matrix Performance Plus
Premium Treadmill



Matrix Performance
Premium Upright Cycle



Matrix Performance
Premium ClimbMill



Matrix Performance
Premium Ascent Trainer



Matrix Performance
Premium Recumbent
Cycle



Matrix Upper Body
Cycle



Matrix RowerX with
Magnetic Resistance



SCIFIT StepOne
Recumbent Stepper

STUDIO C – CYCLING ROOM



Our Cycling Studio is getting an upgrade with Matrix CXM Training Cycles, replacing our current Keiser bikes. The new cycles include an intuitive backlit LCD console that tracks watts, heart rate, RPMs, resistance level, distance and calories, plus repeatable magnetic resistance, optimized ergonomics and intuitive four-way adjustment with quick-touch operation. Check out the demo cycle currently in Studio C.

STUDIO D – MX4 ROOM

Studio D is upgrading its cardio equipment. We're replacing the current Matrix machines with new models featuring updated technology and enhanced features.



Matrix S-Drive
Performance Trainer



Matrix T3XM Treadmill



Matrix RowerX with
Magnetic Resistance



Matrix Upper Body
Cycle

FAQ'S

(frequently asked questions)

Q: Why are you upgrading the cardio equipment?

A: We are pleased to provide these upgrades as we continue to make membership-value improvements throughout the facilities. This round of upgrades is part of our ongoing philosophy, which strives to replace different fitness equipment so that we are offering the latest in quality, new technology, and innovation.

Q: Will any of the current cardio equipment being replaced be available for purchase?

A: The YMCA does not oversee this part of the process, so unfortunately we don't have information regarding equipment sales. For the most accurate and up-to-date details, please contact Pat Duffy at 262.290.1492 or by email: patrick.duffy@matrixfitness.com. He'll be able to let you know if any equipment is available for purchase.

Q: Does this new cardio equipment have the same screens and features?

A: For the most part, yes. However, the new cardio equipment feature performance LED consoles with easy navigation of the interface. We look forward to helping our members with use of the new equipment and resources. Our wellness staff will be happy to provide you with orientations to meet your needs.

Q: Does the temporary closure apply to 24/7 members?

A: Yes. The Healthy Living Center will be closed August 11-13 to those members that have 24-hour access.

ADDITIONAL QUESTIONS? PLEASE CONTACT:

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NEED HELP GETTING STARTED? Our friendly wellness staff is here to guide you through the new equipment and even offer some tips to maximize your workouts. If you are interested in an equipment orientation or a group exercise class, just let us know - we'd love to support your fitness journey!

Thank you for being part of the Marshfield Clinic Health System YMCA family. We are committed to providing you with the best possible facilities and services to help you thrive. See you at the gym!