

RESULTS YOUR WAY!

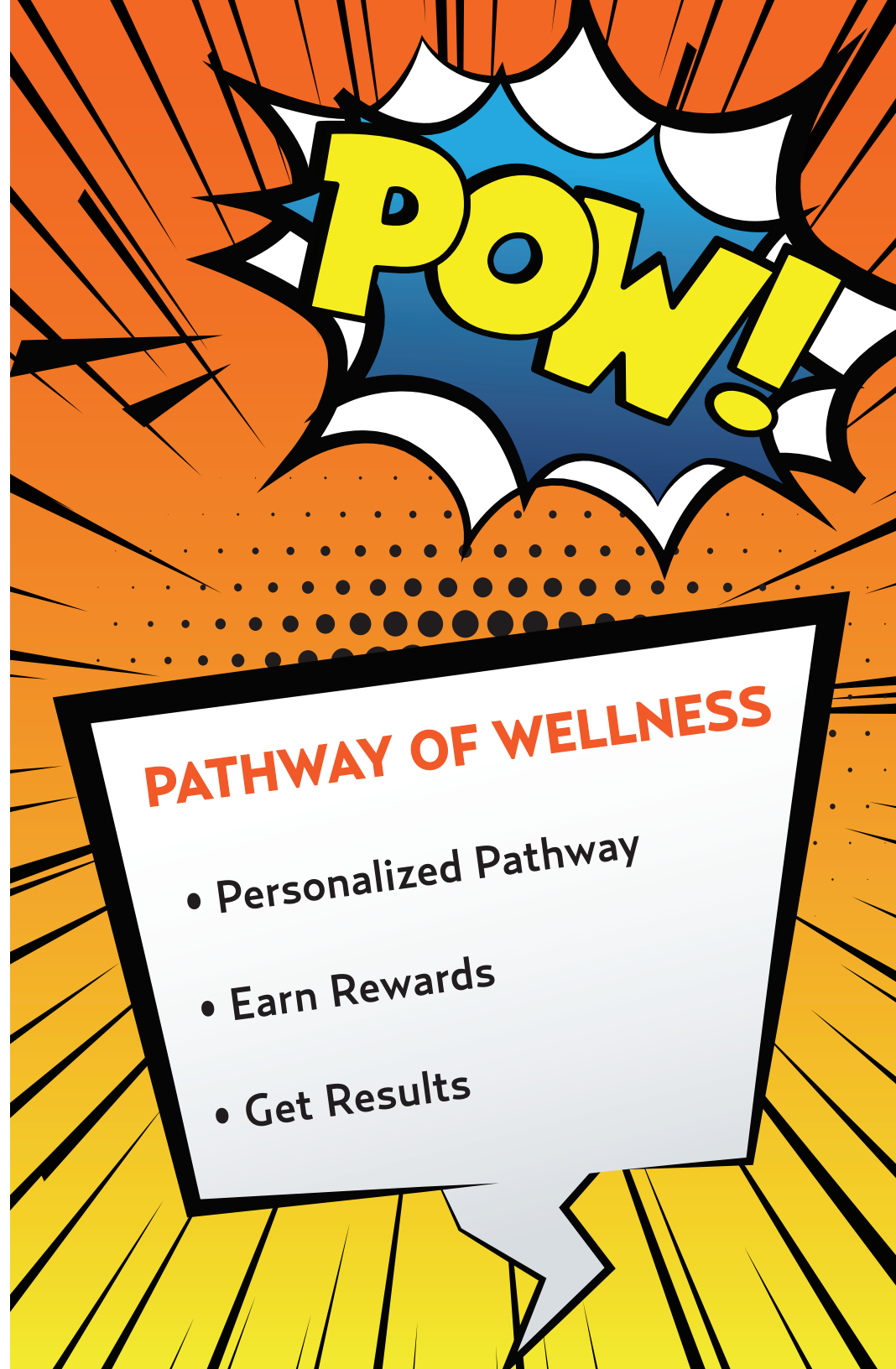
"I've been a member here for years and until my POW program I never knew how to change my routine, this has been a game changer for my workouts!"



POWERED BY:
**MIDTOWN
HEALTH**

PATHWAY OF WELLNESS

- Personalized Pathway
- Earn Rewards
- Get Results



WHAT IS IT?

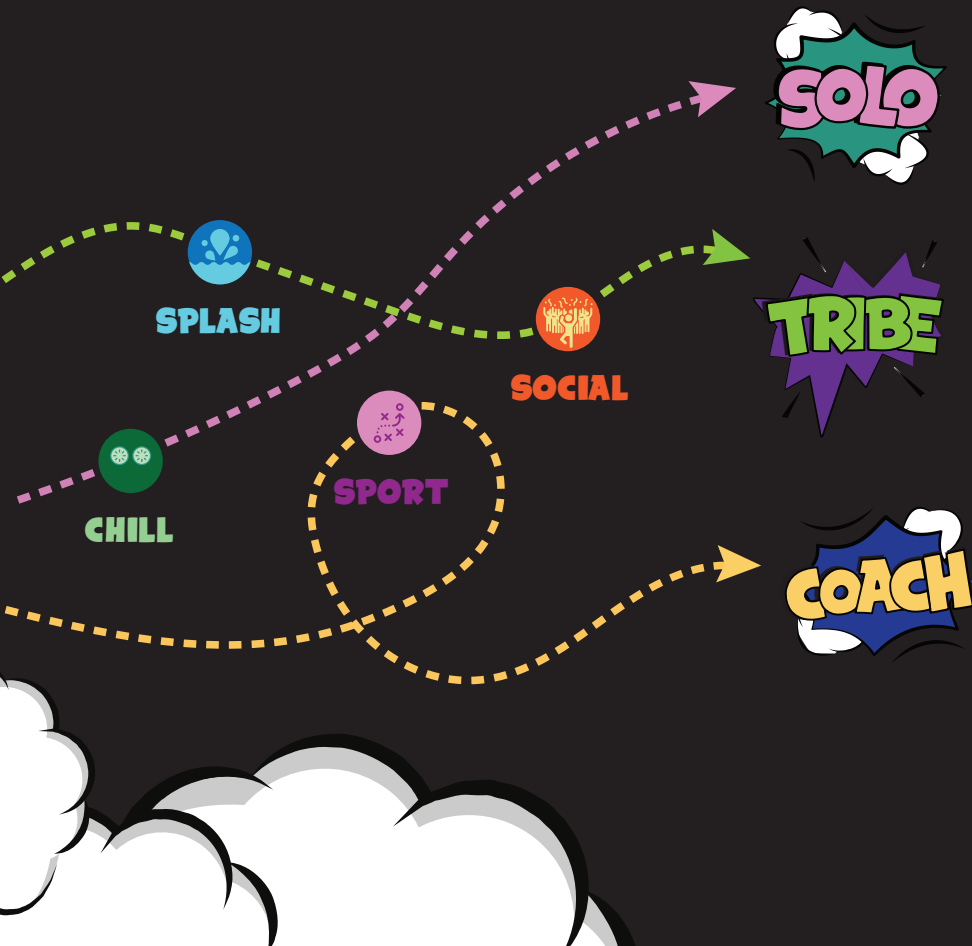
POW stands for **Pathways of Wellness**, it is our way of finding the right path for you to achieve your health and wellness goals and ultimately see the results you want.

WHO IS IT FOR?

Everyone! POW is personalized to you individually and our coaches are here to help you find your pathway and the tools to use to best see the results you want.

HOW DOES IT WORK?

You start by having your Pathway Discovery appointment where our coaches will learn a little about you, your interests in fitness, and your goals. You'll work together to determine what pathway suits you best, set goals for you, and then how to find success throughout your journey with all the tools we offer our members.



PAVE YOUR OWN PATH

DOES IT COST ANYTHING?

Nope! POW is part of your membership and is a way for you to familiarize yourself with the club, our coaches, and everything you'll need to see the results you want in your health and wellness journey.

HOW DO I EARN REWARDS?

We want to reward you for your hard work so every time you step through our doors and workout you're earning points. You can keep track of your points on our app and the more you do, the more you earn and can redeem your points for any number of prizes!

WHY SHOULD I FIND MY PATHWAY?

Finding your pathway helps our members see the results they want faster while also connecting you directly to a team that can help you each step of the way. Whether you want to take classes, workout independently, work one on one with a coach, or a mixture of everything we have a path for you.

