



AQUILAFIT

Who Are We?

AquilaFit is an interactive workout guidance system for gyms and fitness clubs. It combines various technologies along with cloud computing in an innovative and intuitive package designed to optimize users' training experience.

The system is easy to navigate and offers instant access to personal fitness data stored in the cloud and is available 24/7 across a network of gyms throughout the country.

AquilaFit offers a smarter, more balanced and better-informed workout.

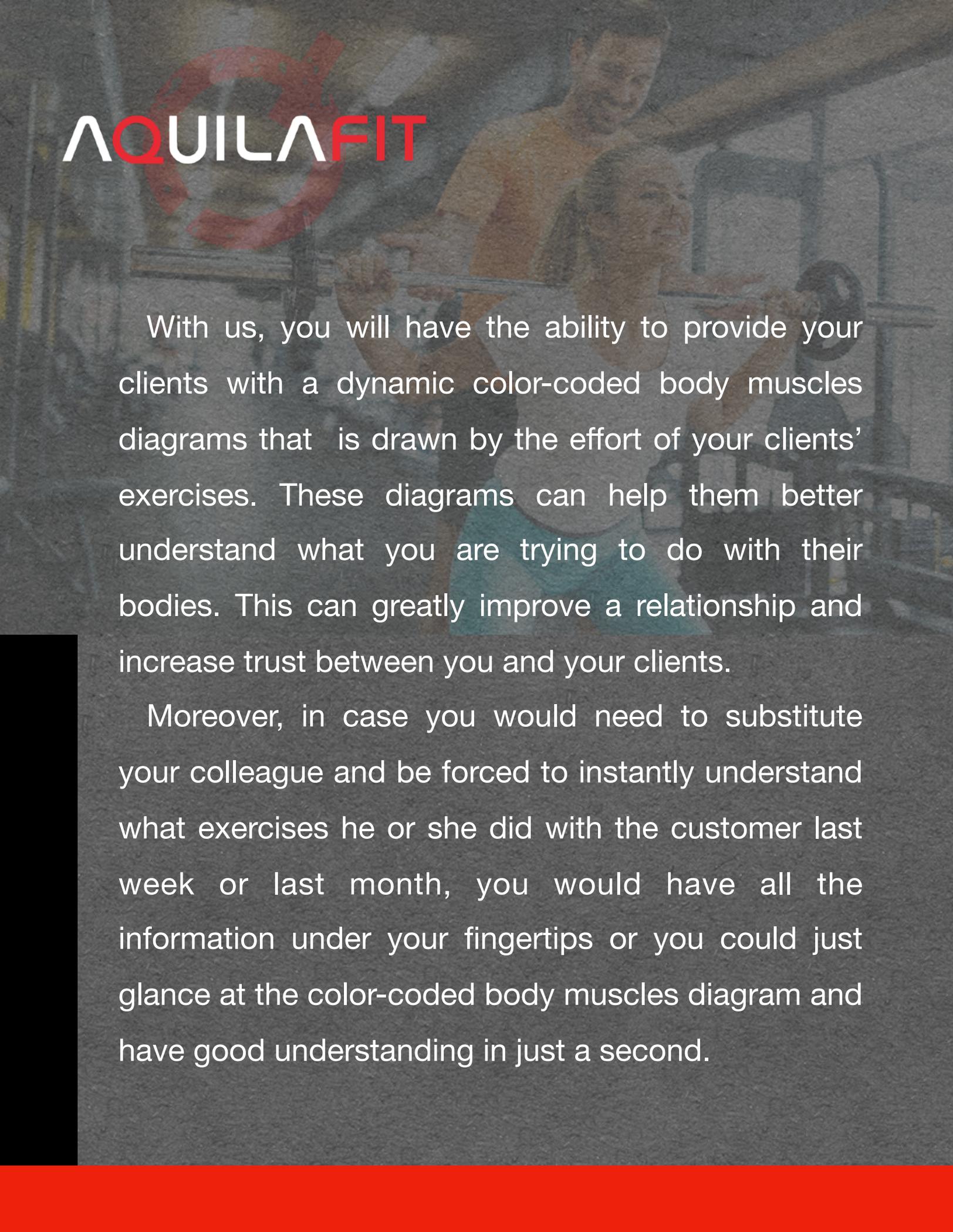


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Solution for a trainer

We can help you to create and store complex programs for groups with various needs. Being prepared for various clients and having a speciality training programs at your fingertips, reveals your deep expertise, knowledge and involvement in personal training art.

Moreover, having records from last day, week, month, quarter or any other period of time readily accessible, allows you to provide your clients with your most informed advise or gives you a very good head start to create or tweak training plans for your clients which can help to improve their engagement.

The image features a background of a gym with a man and a woman lifting weights. The logo 'AQUILAFIT' is positioned in the top left, with 'AQUILA' in white and 'FIT' in red. A red circular graphic is partially visible behind the logo.

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With us, you will have the ability to provide your clients with a dynamic color-coded body muscles diagrams that is drawn by the effort of your clients' exercises. These diagrams can help them better understand what you are trying to do with their bodies. This can greatly improve a relationship and increase trust between you and your clients.

Moreover, in case you would need to substitute your colleague and be forced to instantly understand what exercises he or she did with the customer last week or last month, you would have all the information under your fingertips or you could just glance at the color-coded body muscles diagram and have good understanding in just a second.



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It is said that a picture is worth a thousand of words ... and this solution, along with all the detailed information available at your will would allow you to very efficiently utilize your portable electronics to help you run your training groups. You would be spending your precious time on attending to your clients and not on trying to remember what exercises you instructed them to do last time, or making notes about exercises you are asking them to do this time.

This system is like a tireless assistant with all the necessary knowledge ready to share and with the ability to take all the necessary notes without wasting any of your precious time.