# Equipment

## Cardio
- Cybex Arc Trainers
- True Treadmills
- True Ellipticals
- Cybex Ellipticals
- Stationary Bikes

## Strength
- Precor Abductor/Adductor
- Precor Rotary Torso
- Tuff Stuff Abdominal/Low Back
- Tuff Stuff Lat/Tricep/Mid-Row
- Hammer Strength Incline Press
- Precor Fly/Read Deltoids
- Precor Lat Pulldown/Row
- Precor Leg Extension/Leg Curl
- Precor Bicep/Tricep
- Hoist Calf Raise

## Free Weights
- Precor Power Rack
- Life Fitness Cable Machine
- Troy Dumbbells
- Preacher Curl
- Incline/Decline Benches
- Smith Machine

## Amenities
- Physioballs
- Mats
- Weight Balls
- Decline Adjustable Ab Rack