EQUIPMENT

CARDIO
- Cybex Arc Trainer
- True Treadmills
- True Elliptical
- 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/Rear 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
- Physioballs
- Mats
- Weight Belts
- Foam Rollers
- Medicine Balls
- Push Up Bars
- Ab Rollers

AMENITIES