EQUIPMENT

CARDIO
- True Elliptical
- Cybex Arc Trainer
- True Treadmills
- Nautilus Treadmill
- Stationary Bikes

STRENGTH
- Tuff Stuff Shoulder Press
- Tuff Stuff Chest Press
- Tuff Stuff Fly/Rear Deltoids
- Chin/Dip Assist
- Tuff Stuff Abductor/Adductor
- Tuff Stuff Lat/Tricep/Mid-Row
- Tuff Stuff Seated Calf
- Tuff Stuff Bicep Curl
- Tuff Stuff Leg Press
- Tuff Stuff Rotary Torso

FREE WEIGHTS
- Tuff Stuff Power Rack
- Precor Power Rack
- Hoist Cable Machine
- Sorinex Landmine
- Tuff Stuff Military Press Rack
- Tuff Stuff Bench Press
- Tuff Stuff Hammer Strength Chest Press
- Tuff Stuff Decline/Incline Benches
- Troy Dumbbells
- Hammer Strength High Row

AMENITIES
- Physioballs
- Mats
- Weight Belts
- Foam Rollers
- Medicine Balls
- Push Up Bars
- Ab Rollers