## EQUIPMENT

### CARDIO
- Precor Elliptical
- Cybex Arc Trainer
- Woodway Treadmills
- Jacobs Ladder
- Stationary Bikes
- Woodway Curve
- Concept Rowing Machine
- Stairmaster Gauntlet
- Technogym Crossover

### STRENGTH
- Precor Abduction/Adduction
- Precor Chin/Dip Assist
- Precor Fly/Rear Deltoids
- Precor Torso Rotation
- Precor Back Extension
- Precor Chest Press
- Precor Glute Extension
- Precor Overhead Press
- Precor Lat Pull-Down
- Precor Bicep Curl
- Precor Seated Dip
- Precor Seated Row
- Precor Ab Crunch
- Precor Leg Press
- Precor Leg Curl

### FREE WEIGHTS
- Hoist Olympic Benches
- Hoist Smith Machine
- Hoist Power Squat Cage
- Hoist Incline/Decline Bench
- Hoist Preacher Curl
- Hoist Multi-Grip Chin Up
- Hoist Triceps Press
- Hoist Jungle Gym
- UMAX Dumbbells
- UMAX Barbells
- Sorinex Landmine
- Life Fitness Cable Machine
- Hoist Lat Pull
- Hoist Row
- Hoist Crossover
- York Dumbbells

### AMENITIES
- Physioballs
- Stretch Mats
- Weight Belts
- Foam Rollers
- Medicine Balls
- Push Up Bars
- Ab Rollers
- Resistance Bands