# Equipment

## Cardio
- Precor Elliptical Machines
- Cybex ARC Trainers
- Woodway Treadmills
- Jacobs Ladder
- Woodway Curve
- Stationary Bikes
- Concept Rowing Machine

## Strength
- Hammer Strength Leg Press
- Hammer Strength Incline Press
- Precor Leg Press
- Precor Leg Curl
- Precor Abduction/Adduction
- Precor Glute Extension
- Precor Overhead Press
- Precor Lat Pull-down
- Precor Biceps Curl
- Precor Seated Dip
- Precor Chest Press
- Precor Seated Row
- Precor Chin/Dip Assist
- Precor Fly/Rear Deltoids

## Free Weights
- Hoist Olympic Benches
- Hoist Smith Machine
- Hoist Power Squat Cage
- Hoist Incline/Decline Benches
- Hoist Jungle Gym
- Hoist Preacher Curl
- Hoist Cable Crossover

## Weights
- York Dumbbells
- Hoist Triceps Press
- Hoist Lat Pull
- Hoist Low Row
- Hoist Multi-grip Chin Up

## Amenities
- Resolute Stretch Mats
- Physio Balls
- Ab Rollers
- Push Up Bars
- Decline Adjustable Ab Rack
- Foam Rollers
- 6 LCD TV's
- Resistance Bands
- Medicine Balls