

## Equipment List

### Cardio Equipment

- 13 Free Motion Incline Trainers
- 3 Free Motion Incline Trainers with personal TVs
- 5 Free Motion T 10.8 Treadmills
- 2 Nustep T4r Trainers
- 4 True CS8.0 Upright Bikes
- 4 True CS8.0 Recumbent Bikes
- 5 Cybex 610 Arc Trainers
- 3 Precor EFX Trainers
- 5 Freemotion e 10.6 Ellipticals
- 1 Stairmaster Stepmill
- 1 Life Fitness Powermill
- 2 Helix HLT 3500 DD Lateral Trainers
- 2 Concept 2 Row machines
- 18 Free Motion Indoor Cycling Bikes
- 4 Sta Trac Spinning Bikes
- 1 Jacob's Ladder
- 1 Versa Climber
- 11.5 Lap/Mile Indoor Track



## Equipment List

### Weight Machines

- 1 Cybex Seated Leg Press
- 1 Eagle Glute
- 1 Cybex Prone Leg Curl
- 1 Cybex Leg Extension
- 1 Cybex Seated Leg Curl
- 1 Cybex Dual Row/Rear Delt
- 1 Cybex Dual Chest Press
- 1 Cybex Fly
- 1 Cybex Lateral



### Weight Machines

- 1 Cybex Arm Extension
- 1 Cybex Arm Curl
- 1 Cybex Hip Adduction
- 1 Cybex Hip Abduction
- 1 Cybex Galileo Fly
- 1 Cybex Overhead Press
- 1 Cybex Dual Axis Pull Down
- 1 Cybex Galileo Low Row
- 1 Cybex Galileo Standing Calf
- 1 Eagle Abdominal
- 1 Cybex Back Extension
- 1 Cybex Rotary Calf
- 1 Cybex Modular Tricep Push Down
- Asst. Chin-up/dip
- Modular Lat Pulldown
- Tricep Extension
- Pull Up Bar with Cuffs

## Equipment List

### Free Weights & Strength Training

#### Equipment

- 2 Cybex Smith Fixed Bar
- 1 Cybex Plate Loaded 45 Degrees Calf Raise
- 1 Cybex Plate Loaded Hack Squat
- 1 Cybex Loaded Leg Press
- 1 Cybex Plate Loaded Squat Press
- 2 Cybex Plate Loaded Row
- 1 Cybex Tricep Press
- 1 Cybex Preacher Curl
- 2 Cybex Olympic Benches
- 2 Half Racks with Platforms
- 1 Rogue Deadlift Platform
- 1 Olympic Incline Bench
- 1 Olympic Decline Bench
- 8 Adjustable Benches
- Seated Calf Raise
- Free Motion Plate Loaded Shoulder Press
- 1 Heavy Bag
- 1 Dynamic Fitness & Strength Edge Double Half Rack with 660 square ft ultra tile flooring
- 4 Flat Benches
- 2 Freemotion Dual Cable Cross
- 1 Cybex Roman Chair
- 11 TRX Suspension Trainers
- Assorted Chains and Bands
- 2 Reverse Hyper Extensions
- Dumbbells (3-120 lbs)
- Barbells (20-110 lbs)
- EZ bars (20-110 lbs)
- Plyo Boxes
- Assorted Kettlebells
- Battle Rope
- 20 Pilates Rings
- Medicine Balls
- Stability Balls
- 10 Bosus
- Exercise Bands
- Foam Rollers
- Ab Rollers