

Cardio Equipment

- 10 Free Motion Incline Trainers
- 5 FreemotionT 10.8 Treadmills
- 2 Nustep T 4r Trainers
- 4 True CS8.0 Upright Bikes
- 4 True CS8.0 Recumbent Bikes
- 5 Cybex 610A Arc Trainers
- 3 Precor EFX Trainers
- 5 Freemotion e10.6 Ellipticals
- 2 Stairmaster Stepmills
- 1 Life Fitness Powermill
- 1 Cybex Stepper
- 2 Helix HLT 3500DD Laterall Trainers
- 2 Precor Stretch Trainers
- 2 Concept 2 Row Machines
- 16 Star Trac Spinning Bikes
- 1 Jacobs Ladder
- 11.5 lap/mile indoor track

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 pull up
- 1 Cybex galileo fly
- 1Cybex overhead press
- 1 Cybex dual axis incline press
- Cybex dual axis pull down
- 1 Cybex galileo low row
- 1 Cybex galileo standing calf
- 1 Eagle abdominal
- 1 Cybex back extensio
- 1 Cybex rotary calf
- Cybex modular tricep push down
- Asst. chin-up/dip
- Modular lat pulldown
- Tricep extension
- Cable crossover



Equipment List

Free Weights & Strength Training Equipment

- 1 Magnum fitness systems
- 2 Cybex smith fixed bar
- 1 Cybex smith squat
- 1 Cybex plate loaded 45 degrees
- 1 Cybex plate loaded T bar
- 1 Cybex plate loaded hack squat
- 1 Cybex loaded leg press
- 1 Cybex plate loaded squat press
- 1 Set of rings
- 1 Cybex T-bar row
- 1 Cybex tricep press
- 1 Tuff stuff powerline
- 1 Steel flex plate loaded lat
- 1 Cybex bicep
- 1 Cybex Olympic bench
- 1 Pro elite strength systems plate rack
- 2 Cybex plate racks
- 2 Half racks with platforms
- 1 Rogue bar rack with platforms
- 1 Olympic incline bench
- 1 Olympic decline bench
- 2 Cybex bar racks
- 3 DB Racks/holds 10 sets
- 4 Adj. benches
- 4 Flat benches
- 2 Incline benches
- 1 Heavy bag
- 1 Cybex 45 degree
- 1 Ab
- 11 TRX suspension trainers
- Assorted chains and bands
- Rogue Hyper Z Extension
- Full line of dumbbells (3-120 lbs.)
- Barbells and EZ bars (20-110lbs)
- Plyo Boxes
- Assorted kettlebells
- Battling rope
- Misc. (Medicine balls, stability balls, bosus, exercise bands, foam rollers, ab rollers, aerobic steps, etc...

