

## Weight and Cardio Equipment

### Downstairs Cardio Room

#### *Cardio Theater*

- ◆ 14 Recumbent Bikes
- ◆ 28 Ellipticals
- ◆ 1 Stair Mill
- ◆ 1 Upper Body Ergometer
- ◆ 6 Upright Bikes
- ◆ 39 Treadmills

### Downstairs Weight Room

- ◆ 1 Pin Loaded Unilateral Full Body Circuit
- ◆ 1 Plate Loaded Full Body Circuit
- ◆ 1 Cable Cross-Over Unit
- ◆ 1 Cable Cross-Over Jungle
- ◆ 5 Multi Racks with Platforms
- ◆ 3 Smith Machines
- ◆ Dumbbells from 5 to 120 lbs
- ◆ 2 Decline Benches
- ◆ 2 Military Benches
- ◆ 4 Incline Benches
- ◆ 10 Flat Benches
- ◆ Plyo Boxes
- ◆ Kettle Bells from 15 to 70 lbs
- ◆ 2 Preacher Benches
- ◆ Preloaded Straight and EZ Bars from 20 lbs to 120 lbs
- ◆ 2 Assisted Dip and Pullup Machines
- ◆ 2 Seated Calf Raise
- ◆ 12 Adjustable Benches

### **Core Area**

- ◆ 4 Back Extensions
- ◆ 2 Leg Raise Benches
- ◆ 2 BOSU Back Leg Extensions
- ◆ 1 Cable Cross-Over Unit
- ◆ 3 Pin Loaded Core Machines
- ◆ 2 Ab Crunch Machines
- ◆ 3 Decline Benches
- ◆ 2 Assisted Dip and Pullup
- ◆ Body Bars
- ◆ Ab Wheels
- ◆ Versa Discs
- ◆ Yoga Mats
- ◆ 6 Stability Balls
- ◆ 4 Bosu Balls
- ◆ Medicine Balls
- ◆ Slam Balls
- ◆ Plyo Boxes
- ◆ Foam Rollers

### **Track**

- ◆ 2 Assisted Stretchers
- ◆ 1 Rower
- ◆ 6 Upright Bikes

### **Upstairs Cardio and Weight Room**

#### *Cardio Theater*

- ◆ 1 Pin Loaded Bilateral Full Body Circuit
- ◆ 3 Recumbent Bikes
- ◆ 4 Upright Bikes
- ◆ 1 Stair Mill
- ◆ 14 Treadmills
- ◆ 1 Upper Body Ergometer
- ◆ 11 Ellipticals

- ◆ 2 Cable Cross Over Units
- ◆ 2 Stability Balls
- ◆ Medicine Balls
- ◆ Bosu Balls
- ◆ Dumbbells from 5 to 25 lbs
- ◆ 1 Back Extension
- ◆ 1 Preacher Bench
- ◆ 1 Decline Bench
- ◆ 1 Ab Crunch Machine
- ◆ Foam Rollers
- ◆ Yoga Mats

**Mac Area Cardio and Weight Room**

- ◆ 1 Pin Loaded Full Body Circuit
- ◆ Dumbbells from 3 to 30 lbs
- ◆ 2 Treadmills
- ◆ Foam Rollers
- ◆ 1 Stair Mill
- ◆ 3 Ellipticals
- ◆ Bosu Balls
- ◆ Stability Balls
- ◆ Body Bars
- ◆ Plyo Boxes
- ◆ Yoga Mats
- ◆ Kettle Bells

**Weight Room Check Out Items**

- ◆ Lifting Belts
- ◆ Dip Belts
- ◆ TRX Bands
- ◆ Jump Ropes
- ◆ Stability Balls
- ◆ Bosu Balls
- ◆ Wrist Rollers
- ◆ Heavy Chains
- ◆ Resistant Bands



- ◆ Kettle Bells
- ◆ Plyo Boxes

### **Downtown Fitness Center**

#### **Cardio and Weight Room Facility**

- ◆ Pin Loaded Bilateral Full Body Circuit
- ◆ 1 Multi-Purpose Rack
- ◆ Dumbbells from 5 to 80 lbs
- ◆ Back Extension Bench
- ◆ 4 Treadmills
- ◆ 3 Ellipticals
- ◆ 2 Recumbent Bikes
- ◆ 1 Upright Bike
- ◆ 10 Spin Bikes for Spin Classes
- ◆ Bosu Balls
- ◆ Stability Balls
- ◆ Medicine Balls
- ◆ Kettle Bells
- ◆ Yoga Mats
- ◆ Body Bars