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
- Dumbells 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

10/5/12
• 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