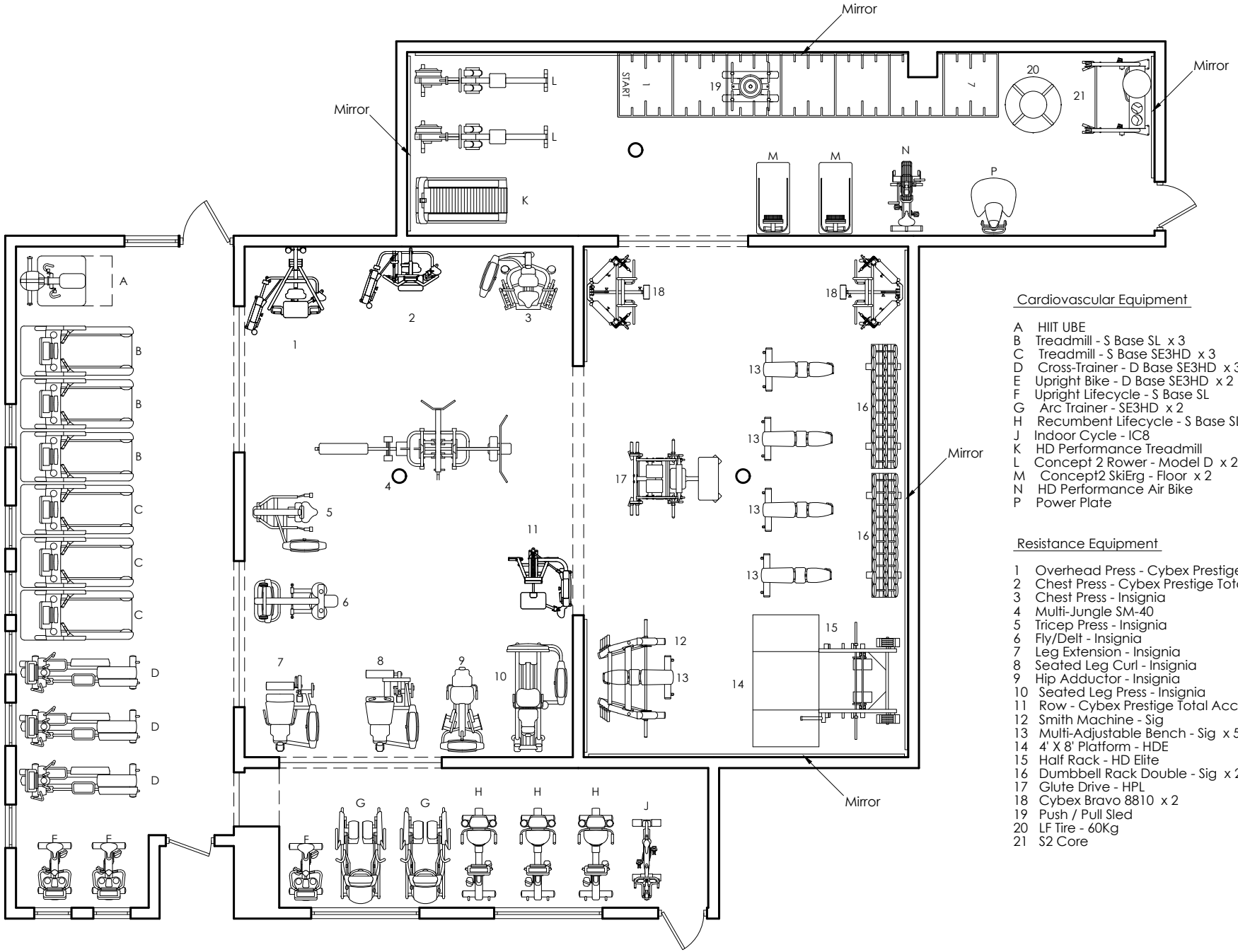

Cardiovascular Equipment

A HIIT UBE
B Treadmill - S Base SL x 3
C Treadmill - S Base SE3HD x 3
D Cross-Trainer - D Base SE3HD x 3
E Upright Bike - D Base SE3HD x 2
F Upright Lifecycle - S Base SL
G Arc Trainer - SE3HD x 2
H Recumbent Lifecycle - S Base SL x 3
J Indoor Cycle - IC8
K HD Performance Treadmill
L Concept 2 Rower - Model D x 2
M Concept2 SkiErg - Floor x 2
N HD Performance Air Bike
P Power Plate

Resistance Equipment

1 Overhead Press - Cybex Prestige Total Access
2 Chest Press - Cybex Prestige Total Access
3 Chest Press - Insignia
4 Multi-Jungle SM-40
5 Tricep Press - Insignia
6 Fly/Delt - Insignia
7 Leg Extension - Insignia
8 Seated Leg Curl - Insignia
9 Hip Adductor - Insignia
10 Seated Leg Press - Insignia
11 Row - Cybex Prestige Total Access
12 Smith Machine - Sig
13 Multi-Adjustable Bench - Sig x 5
14 4' X 8' Platform - HDE
15 Half Rack - HD Elite
16 Dumbbell Rack Double - Sig x 2
17 Glute Drive - HPL
18 Cybex Bravo 8810 x 2
19 Push / Pull Sled
20 LF Tire - 60Kg
21 S2 Core

LIFEFITNESS
FAMILY OF BRANDS