



Cardiovascular Equipment

- A Treadmill - D Base SE3HD x 4
- B Cross-Trainer - D Base SE3HD x 3
- C Recumbent Lifecycle - S Base SL x 2
- D Upright Lifecycle - S Base SL x 2
- E Indoor Cycle - IC8
- F HIIT UBE
- G Lower Body Arc Trainer - SL Console
- H Elliptical Cross-Trainer - S Base SL x 2
- J HD Performance Air Bike
- K Concept2 skiErg - Floor
- L Concept 2 Rower - Model D x 2
- M Arc Trainer - SE3HD
- N Recumbent Bike - D Base SE3HD
- P Upright Bike - D Base SE3HD
- R Treadmill - S Base SL x 3
- S Powermill Climber - SL x 2
- T HD Performance Treadmill

Resistance Equipment

- 1 S2 Core x 2
- 2 Fly/Delt - Insignia
- 3 Cybex Bravo 8810
- 4 Pulldown - Insignia
- 5 Assist Dip Chin - Insignia
- 6 Hip Adductor - Insignia
- 7 Seated Leg Press - Insignia
- 8 Multi-Jungle SM-40
- 10 Leg Extension - Insignia
- 10 CS 12
- 11 Seated Leg Curl - Insignia
- 12 Row - Cybex Prestige Total Access
- 13 Overhead Press - Cybex Prestige Total Access
- 14 Chest Press - Cybex Prestige Total Access
- 15 Dumbbell Rack Double - Sig x 3
- 16 Multi-Adjustable Bench - Sig x 6
- 17 Barbell Rack - Sig
- 18 Arm Curl Bench - Sig
- 19 Olympic Flat Bench with Weight Storage - Sig
- 20 Glute Drive - HPL
- 21 Belt Squat - HPL
- 22 Linear Leg Press - HPL
- 23 Half Rack - HD Elite x 2
- 24 4' X 8' Platform - HDE x 2
- 25 Smith Machine - Sig