

Equipment

- State of the art Fitness on Demand kiosk system
- Free weight training room
- 22,000 gallon therapy swimming pool maintained at 88-90 degrees
- 1,000 gallon hot tub maintained at 104 degrees
- 2 Racquetball courts
- 1900 square foot aerobic exercise class area
- All facility areas are handicap assessable and ADA compliant
- Men's and women's locker room with saunas
- Testing lab for exercise stress tests and fitness evaluations.
- 10Treadmills
- Cybex Weight Training Machines and Cybex Eagle Machines
- 4 Cybex Stairsteppers (full body circuit weight machines)
- 2 Sci Fit Pro II Arm/Leg Ergometer
- Free Weight Training Equipment (Full Scale)
- Weight Room (1900 Square Feet)
- 2 Cybex Arc Trainers
- 3 Schwinn Airdynes
- 3 Underwater Treadmills
- 7 Lemond's Spin Bicycles
- 2 NuStep Recumbent Stepper
- Auxiliary Aerobic Class Equipment
- 2 WaterRower Rowing Machines
- Racquetball Equipment for Member Use
- 2 Precor Elliptical Trainers
- 4 Octane Elliptical Trainers
- 4 Octane XRide

Total Balance Equipment

- Inner/Outer thigh machine
- Abdominal crunch machine
- Leg press machine
- Squat press machine
- Bicep/tricep machine
- Leg curl/leg extension machine
- Shoulder press machine
- Seated chest press machine
- Oblique machine