

# SPACES TO WORK OUT DURING RENOVATION

## LARGE CONFERENCE ROOM

*(by Main Entrance)*

### • Strength Machines:

- |                     |                   |
|---------------------|-------------------|
| 1.Fly/Rear Delt     | 2.Leg Extension   |
| 3.Leg Press         | 4.Seated Leg Curl |
| 5.Chest Press       | 6.Pull Down       |
| 7.Hip abd/adductor  | 8.Overhead Press  |
| 9.Single Handle Row | 10.Abdominal      |
| 11.Back Extension   |                   |

## ATHLETIC TRAINING CENTER

*(behind the main fitness center)*

- Treadmills: 2 , Stairclimbers: 6
- Sled
- Airdyne Bike: 1, Rowers: 4
- Dumbbell Set: 5 – 115lbs
- Kettlebells
- Squat Racks: 4
- Lat Pull Down Cables
- Preacher Curl, Calf Raise

## WELLNESS LOBBY

*(at the end of the long hallway)*

- Upright Bikes:2
- Recumbent Bikes: 2
- NuStep:1
- Dumbbells: 5-35lbs
- Benches: 2

## OLD CYCLE STUDIO

*(next to Wellness Lobby)*

- Squat Racks: 2
- Incline Bench: 1
- Flat bench: 1
- Iso Lateral Row
- Leg Press
- Iso Bench Press
- Shoulder Press

## UPSTAIRS FITNESS

- Treadmills:9
- Ellipticals: 9
- Upright Bikes: 9
- Rowers: 3
- Recumbent Bikes: 3
- Cycle Bikes: 2
- NuStep:1
- Dumbbell Set
- Squat Rack:2
- Cable unit:1
- Dumbbells/Kettlebells
- Stretch/Abs
- Open Space