



Fitness and Aquatics Center

FITNESS CENTER AMENITIES

CARDIO:

- Cardio Theatre
- Treadmills with personal viewing screens
- Elliptical Fitness
- Crosstrainers
- Adaptive Motion Trainers
- Seated Elliptical Trainers
- Recumbent Bikes
- Spin Bike
- Nusteps

STRENGTH TRAINING:

- TrueStretch Cag
- Functional Trainer
- Dual Action Smith Machine
- PreCor's C-Line Strength Equipment
- Plate Loaded Ab Machine
- Vertical Knee Up/Dip
- Bicep Curl Bar
- Free Weight Area
- Fixed Weight Barbells
- Kettlebells
- Medicine Balls
- Designated Stretching Area