



Hoist Weight Machines:

- Multi Chest Press
- Smith Machine
- Pec Dec
- Dip Assist and Chin Assist
- Lateral Deltoid
- Multi Hip
- Leg Press
- Leg Extension
- Inner/Outer Thigh
- Low Back Extension
- Rotary Torso
- Abdominal Crunch
- Mid Row / Lat Pull Down
- Adjustable Hi-Lo Cable
- Hi-Lo Pulley Cross-over
- Bench Press
- Decline Bench
- Dumbbells 3 lbs. -75 lbs.
- Free Weight Plates totalling 570 lbs.
- Stability Balls
- Medicine Balls: 2, 4, 6, 8, 10, 12 lbs.
- York Adjustable Bench
- York Preacher Curl, Barbell Bench &
- Squat Rack
- Bosu Balls



Cardio Equipment:



- 4 True Treadmills with Incline
- 2 BH Fitness Treadmills
- Rowing Machine
- 3 Octane Fitness Ellipticals
- 1 Sports Art Elliptical
- 1 True Elliptical
- 1 True Upright Stationary Bike
- 3 True Reclined Stationary Bikes

