

Fitness Equipment

Cardio

- Precor Treadmill (10)
- Precor Recumbent Bike (5)
- Precor Upright Bike (5)
- Precor Elliptical (6)
- Precor AMT (4)
- Espresso Interactive Upright Bike (2)
- Avanti Commercial Cardio Gym (2)
- Cybex Arc Trainer (3)
- Life Fitness GX Rowers (4)
- Jacobs Ladder
- Octane Lateral
- Octane Recumbent Elliptical
- Marpo VLT Rope Climber
- SciFit Recumbent Elliptical
- SciFit Stepper
- Stairmaster Gauntlet Step Mill (3)
- Versa Climber
- Woodway 4Front Treadmill (3)
- Woodway Curve Treadmill (2)

Strength

- Life Fitness Insignia Series Selectorized
 - Torso Rotation
 - Abdominal Crunch
 - Leg Extension
 - Seated Leg Curl
 - Lying Leg Curl
 - Leg Press
 - Hip Adduction
 - Hip Abduction
 - Calf Raise
 - Back Extension
 - Lat Pulldown
 - Seated Row
 - Should Press
 - Lateral Raise
 - Chest Press
 - Chest Fly/Rear Delt
 - Bicep Curl
 - Tricep Pushdown
- Hammer Strength Plate Loaded
 - Chest Press
 - Seated Row
 - Shoulder Press
 - Preacher Curl
 - Leg Press
 - Lat Pulldown
- Hammer Strength Olympic Flat Bench (2)
- Hammer Strength Olympic Incline Bench
- Hammer Strength Olympic Decline Bench
- Hammer Strength Power Rack
- Hammer Strength Half Rack (2)
- Smith Machine
- Dumbbells (5lb-100lb)
- Life Fitness Cable Power Tower
- Life Fitness MultiJoint Cable Crossover

