



- 3,200 sq. ft. on the main level
- Handicapped-accessible locker rooms with showers
- Two saunas off of the locker rooms
- State-of-the-art fitness equipment -- full weight circuit and cardio equipment:
 - 4 ellipticals
 - 3 recumbent bikes
 - 2 treadmills
 - 2 tread climbers
 - 1 stair stepper
 - 1 rowing machine
- Nautilus Equipment:
 - Leg press
 - Lat pulldown
 - Rear delt/pec fly
 - Prone leg curl
 - Leg extension
 - Overhead press
 - Lower back
 - Vertical chest
 - Abdominal
 - Preacher curl
- Body Solid - Functional training center
- Free weights
- Each cardio machine has a built-in LCD television
- 600 sq. ft. aerobics room
- 1,700 sq. ft. fitness/workout area
- Flat screen TV in the aerobics room (with DVD) and main workout area

