Squat Rack

Bench Press

Preacher Curl Bench

Incline/ Flat/ Upright Bench

Bent Leg & Ab board

Roman Chair

Functional Trainer

Battle Ropes

(3) Bikes

(2) Ellipticals

Stair Master

Stretching Machine

Barbells

Dumbbells

Kettlebells

Steps

Weighted Balls

Ladder

Weighted Bars

Speed Bag

\*Members can borrow bands from the front desk – be sure to return them to the front desk after your workout

\*If don’t you see a piece of equipment outside you would like to use, please let us know and we will see if we can fit it outside!