

Our remodel is still in progress, but please enjoy the following improvements:

CARDIO & WEIGHT ROOM

- * *4 Additional Treadmills*
- * *Additional Benches*
- * *Accessible Free Motion Cable Equipment (sign up for a FREE orientation)*
- * **COMING SOON!** *20 TVs for the cardio equipment*

NEW! FREE WEIGHT STUDIO

- * *500 sq. ft. for Free Weights*
- * *6 Top of the line incline/decline benches*
- * *Full rack of rubberized free weights*
- * *Barbell rack*
- * *Rubberized Tech Flooring*
- * *Complete mirror on the South wall*

NEW! STRETCH and FUNCTIONAL TRAINING STUDIO

- * *Refinished Bamboo Flooring*
- * *New Ceiling and Lighting*
- * *Additional 300 sq. ft. gained!*
- * *State-of-the art equipment: Core Trainer Saddle, Spine Decompression Table, and Inversion Table (sign up for a FREE orientation!)*
- * *Yoga Wall Installation*
- * *New Organizational Shelving for Props*

NEW! PILATES STUDIO

- * *Additional 300 sq ft gained!*
- * *Natural lighting*
- * *Sustainable Cork Flooring and Low VOC Paint*
- * *New Pieces of Equipment : 1 Reformer, 1 Cadillac, 1 extra chair*
- * *New Yoga Wall installation*
- * *New Organizational Shelving for Props*

COMING SOON!

- * *Expanded Yoga Wall in Multisport Room*
- * *Private Yoga Studio to share with Acupuncture*
- * *New Props Closet and Yoga Wall in Chakras Yoga Studio*

FREE member clinics coming soon on all new equipment!