

SERVICES

- GROUP EXERCISE CLASSES INCLUDING STEP, INTERVALS, TONING, CIRCUIT, BOOT CAMP, SILVERSNREAKERS AND YOGA
- CONTRACTED SILVERSNREAKERS LOCATION
- ORTHOTECH ENGINEERED FLOORING IN AEROBICS ROOM DESIGNED TO ABSORB MAXIMUM IMPACT TO ALLEVIATE JOINT STRESS
- CARDIO MACHINES INCLUDING 3 TREADMILLS, 3 ELLIPTICAL TRAINERS, 2 STAIR MACHINES, 1 SPIN CYCLE, 1 RECUMBENT BICYCLE, 2 SEATED ELLIPTICALS, AND A WATER ROWER
- FULL WEIGHT AREA INCLUDING STRENGTH TRAINING MACHINES, FREE WEIGHTS, CABLE COLUMNS, AB COASTER AND STRETCHING MACHINE
- CUSTOMIZED WORKOUTS DESIGNED TO MEET THE SPECIFIC NEEDS OF THE MEMBER
- PERSONAL TRAINERS ON STAFF
- LICENSED MASSAGE THERAPIST ON STAFF
- MENS' & LADIES' SEPARATE SHOWERS AND DRESSING AREAS
- CLEAN, CLIMATE-CONTROLLED ENVIRONMENT
- CPR/AED CERTIFIED STAFF
- AED (AUTOMATED EXTERNAL DEFIBRILLATOR) ON SITE
- ON-SITE CHILDCARE
- TOWEL SERVICE
- RETAIL SALES OF VARIOUS DIETARY SUPPLEMENTS (BSN, LIPO 6, MUSCLE MILK, ISOPURE AND OTHERS UPON REQUEST)