



Health Club Equipment

Cardio Equipment

6- Life Cycle Bikes 9500 hr
2- Life Fitness Bikes
1- Nautilus Commercial Series Treadmill
2- Life Fitness Flex deck: Shock Absorption system 9500 hr Treadmill
3- Lifetime Fitness: Flex absorption system 93T Treadmill
2- Precore USA EFX544 Elliptical Fitness Cross trainer
1- Nautilus Commercial Series Elliptical
1- Precor USA Elliptical EFX
1- Climb Max Tectrix Fitness Equipment
3- Tectrix Climb Max 3000
1 piece of each:
Art Rotary Shoulder
Art Pullover Model PL3600
Art Deltoid Model PL3400
Art Bicep Curl Model PL2300
Art Rotary Upper Back Model ART4300
Art Rotary LAT Model ART 4500
Art Leg Curl Model PL2100
Art Tuff Stuff – High Chair
Art Rotary Chest Model ART 4200
Art Vertical Butterfly Model PL3100
Art Chin/Dip Model PL 4000
Paramount Pull down
Life Fitness Abdominal
Paramount Leg Extension Model PL 2000
Paramount Tricep Extension Model PL2200
Paramount Lower Back Model PL3300
Paramount Trotter
Hammer Strength Motion Technology

Dumb Bells & Free Weights

2 - 3 lbs
2 - 5 lbs
2- 8 lbs
2- 12 lbs
2- 15 lbs
2- 20 lbs
2- 25 lbs
2- 30 lbs
2- 35 lbs
4- 40 lbs
2- 45 lbs
2- 55 lbs
4- 60 lbs
2- 65 lbs
2- 70 lbs
3- 80 lbs
2- 85 lbs
2- 90 lbs
2- 95 lbs
2- 100 lbs
2- 110 lbs

Weight Plates

12 – 2.5 lbs
23 - 5 lbs
18- 10 lbs
24 - 25 lbs
14 - 35 lbs
21- 45 lbs
1- Weight Rack
3- 45 lbs bars
1- Smaller straight bar
3- Z Bars
5 sets of Weight Collars





Health Club Equipment

Equipment Maxi-cam Brand

- 2- Flat Benches with racks
- 2- Flat Benches with out racks
- 1- Shoulder chair
- 2- Decline Benches
- 1- Decline Chair
- 1- Sit Up Chair Decline
- 1- Calf Machine
- 2- Muscle Dynamics Squat Rack
- 1- Hyper Stretch chair
- 1 – Virtual Sun Tanning Bed

Pool Equipment

- 2- Life saving rings
- 2- Pool Hook Poles
- 1- Vacuum Pole
- 1- Vacuum Brush
- 1 – Vacuum Hose
- 1- Skimmer (hooks on pole)
- 3- Poles
- 1- Yellow set of water weights
- 1- Blue set of water weights
- 1- Blue set of water weights (childrens)
- 17- Kickboards for water
- 6- Inside chaise loungers
- 4- Inside upright chairs
- 17- Outside Chaise loungers

