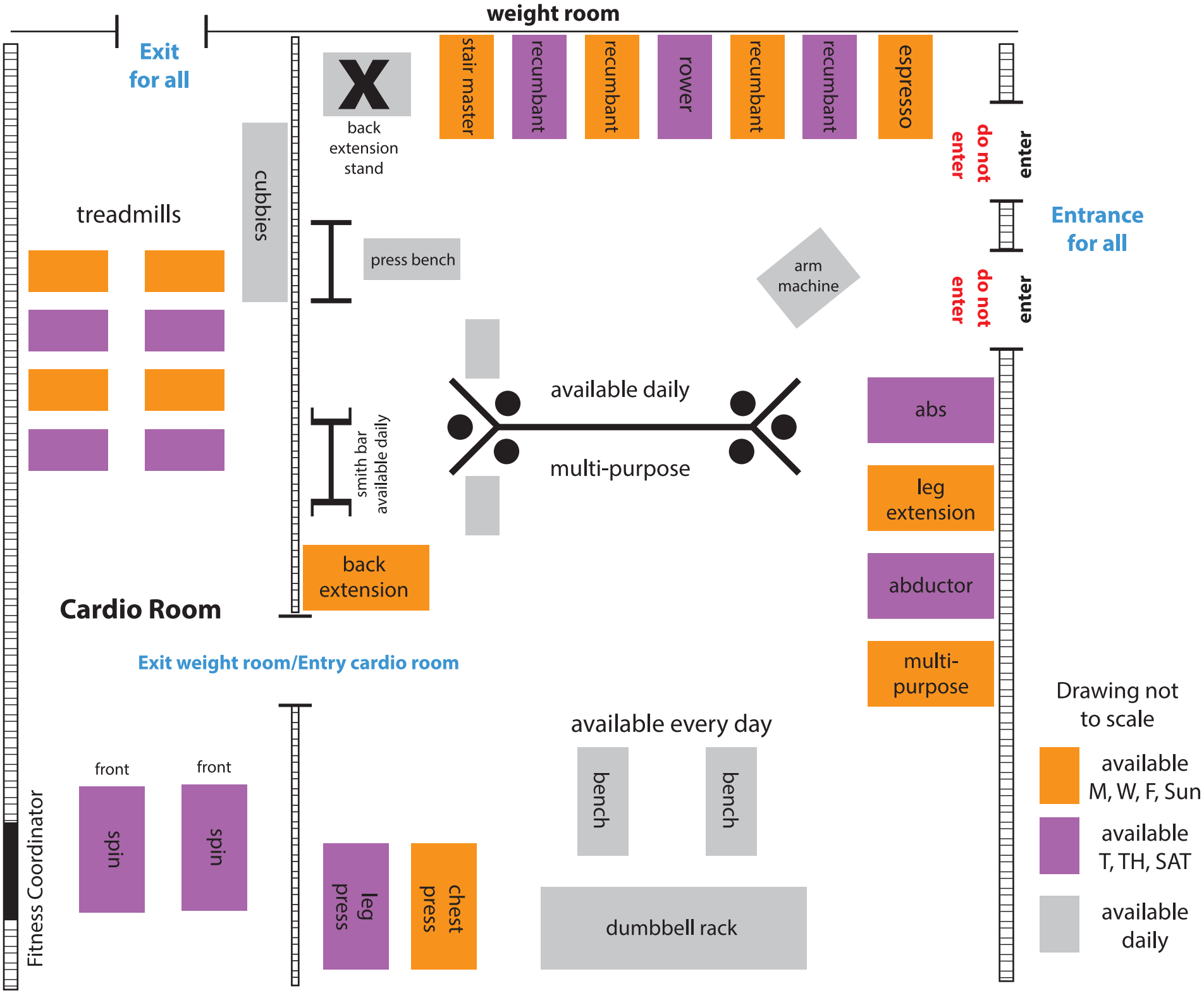
weight room
Exit for all
X
back extension stand
stair master
recumbant
recumbant
rower
recumbant
recumbant
espresso
do not enter
enter
Entrance for all
do not enter
enter
cubbies
treadmills
press bench
arm machine
available daily
multi-purpose
smith bar available daily
back extension
abs
leg extension
abductor
multi-purpose
Cardio Room
Exit weight room/Entry cardio room
available every day
bench
bench
dumbbell rack
front
front
spin
spin
leg press
chest press
Fitness Coordinator
Drawing not to scale
available M, W, F, Sun
available T, TH, SAT
available daily