

FITNESS ROOM EQUIPMENT						
	CANOA HILLS	CANOA RANCH	DESERT HILLS	EAST CENTER	LAS CAMPANAS	SANTA RITA SPRINGS
<b>CARDIO EQUIPMENT</b>						
TREADMILLS	5	3	3	4	4	3
UPRIGHT BIKES	3	2	4	4	1	1
RECUMBENT BIKES	2	3	1	2	5	2
NUSTEP			1	2	2	
ELLIPTICALS	3	3	2	2	3	3
ARC TRAINER	1				1	1
STAIR STEPPER	1		1	1	1	1
ROWER	1	1	1	2	2	1
<b>STRENGTH EQUIPMENT</b>						
ROTARY TORSO	1	1				
ABDOMINAL	1	1		1	1	1
ABDOMINAL/BACK EXTENSION			1			
LOWER BACK	1	1		1	1	1
SEATED/LOW ROW	1	1		1		1
LAT PULLDOWN	2			1	1	1
INNER THIGH	1	1		1		1
OUTER THIGH	1	1		1		1
INNER/OUTER THIGH			1			
MULTI HIP	1				1	1
LEG EXTENSION	1	1		1	1	1
LEG CURL/LEG EXTENSION			1			
SEATED LEG CURL	1	1		1	1	1
LEG PRESS	1	1		1	1	1
INCLINE PRESS	1					
SHOULDER PRESS		1				1
CHEST PRESS	1	1		1	1	1
VERT BTRFLY/FLY/REAR DELT	1			1	1	1
BUTTERLY/CHEST PRESS			1			
BICEP CURL	1					
ARM CURL		1			1	1
ARM EXTENSION		1				
TRICEPS						1
DELTOID	1					
CHIN DIP	1	1			1	
KNEE RAISE	1					
RADIANT		1			1	
UNIVERSAL GYM			1			
<b>FLEXIBILITY/STRETCHING</b>						
BACK EXTENSION					1	
STRETCH TRAINER	1	1	1	1	1	1
ANTERIOR FLEXIBILITY		1			1	1
POSTERIOR FLEXIBILITY		1			1	1
	36	30	19	29	35	30
BENCHS	6	2	8	3	3	2
FREE WEIGHTS	YES	YES	YES	YES	YES	YES