

Cardio/Aerobic Equipment and Training

Cardio Equipment in our Gym

- 6 Treadmills
- 2 Ellipticals
- 2 Adaptive Motion Trainers
- 1 Urg (Rowing Machine)
- 1 Upright Stationary Bike
- 2 Recumbent Stationary Bikes
- 1 Jacobs Ladder
- 1 Stair Master



