

Strength Training

We have a variety of Strength Training Equipment including free weight equipment, plate loaded equipment, and stack loaded machines. Our Wellness Advocates are happy to show you how to use any piece of equipment and can answer any questions you have about how to safely and properly operate the equipment. Appointments are available for members and can be made by contacting our Health & Fitness Coordinator at 912-510-3506 or feel free to speak with a Wellness Advocate while you're in the gym. See our equipment list below.



Strength Training Equipment

Plate Loaded Equipment	Stack Loaded Equipment	Free Weight
Smith Machine	Leg Press	Power Rack
Seated Calf Raise	Leg Extension	Dumbbells 1-120lbs
Chest Press	Hamstring Curl	Curl Bars
ISO Lateral Bench Press	Hip Ab/Adductor	Bench Press
UNI-Lateral Leg Press	Shoulder Press	Decline Bench Press
ISO Lateral Horizontal Bench Press	MTS Row	Roman Chair
ISO Lateral Chest/Back	MTS Chest Press	Preacher Curl
	Triceps Extension	Declined Sit UP

Bicep Curl

Ab Mats

Cable Machine

Stability Balls

Back/Chest Fly

Body Bars

Pull Down

Riser

Dual Adjustable Pulley (Cable Machine) Bench

Ab Crunch

Adjustable Bench



