

WELLNESS CENTER FITNESS
"ZONES " – found on mYTime

5 people per zone per hour

Zone 1 – Life Fitness Circuit

13 Life Fitness Circuit Machines
Life Fitness Cable Multi-use Machines
TRX
Bands/ Med Balls/ Light Free Weights

Zone 2 – Hammer Strength

Life Fitness Leg Press
Life Fitness Assisted Pull Up/Dip
6 Hammer Strength Machines (Bench Press, High Row, Low Row, Mid Row, Decline Press, Incline Press)
Light Free Weights
Paramount Hamstring Curl
Cybex Total Hip
Precor Cable Machine

Zone 3 Cardio only

Stair mill
8 Ellipticals
2 Nu-Step
Spark Trainer
2 Lateral Octanes
4 Treadmills

Zone 4 Cardio and Hammer Strength

4 treadmills
2 stair mills
1 rower
1 spin bike
1 upright bike
2 recumbent bike
2 seated ellipticals
Hammer Strength (HS) Bicep
HS Behind the neck press
HS Front Military Press
HS Total Shoulder
HS Linear Leg Press
HS Leg Extension
HS Leg Curl
Precor Dip
Seated Calf Raise
Avenger Leg Press

Zone 5 – Benches & Squat Rack

4 squat racks
2 flat benches
1 incline bench
1 decline bench
Smith machine
Super Squat
Heavy Free Weights Up to 115