

It just keeps getting better!

JUST A FEW OF THE CLUB ENHANCEMENTS SINCE OPENING IN 2008

2008

Two additional Stairmaster Stepmills
Nautilus Smith Press
Nautilus Plate Loaded Shoulder press
Two Nautilus Ab Crunch machines
Nautilus T-Bar Row

2009

Six Precor AMT's (Adaptive Motion Trainers)
Cybex Leg Press
Cybex Glute Machine
Star Trac Isolated Leg Curl
18 Bosu's for group x
Lots of Jelly Bells dumbbells for group x

2010

True Stretch Cage
TechnoGym Anterior Flexibility Machine
TechnoGym Posterior Flexibility Machine
Jacobs Ladder
2 Ab Solos
110lb Dumbbells & 120lbs Dumbbells

2011

Concept II Rower
Marpo Kinetics Rope Trainer
Ab Coaster
Plyo Boxes
TRX Suspension Trainer

2012

Precor Olympic Shoulder Press
2 Octane Cross trainers
Cardio Theater installed on all cardio equipment
12 Precor Personal TV Viewing Screens installed on Treadmills /Elliptical

2013

Over \$200,000.00 club expansion including:
a new 2000 square foot group studio with the best flooring surface available in the fitness industry today. Also, a new 1,000 square foot functional training area that has an Astroturf surface.
A newly expanded strength training area, that will have additional free weights, and strength training equipment.

2014

130lbs Dumbbells & 140lbs Dumbbells
Silk Hammocks for Aerial Yoga
TRX Suspension Trainers for Group classes
Karcher Commercial Floor Scrubber
Medicine/ Slam balls and racks
New Hammer Strength Olympic Squat Rack

2015

Additional Precor AMT
Additional Concept II Rower
All New HD Smart TVs for Cardio Area
All new Windows 10 computers for club
Additional Concept II Rower
All new stability balls

2016

New Hammer Strength Ab Machine
New Hammer Strength Shoulder Press
New Computers for Kids Club
All new software and games for Kids Club
All New Functional Training accessories for members to use and checkout at front desk
UFC Boxing Bag
New Weight Scale

2017

Rogue equipment, and new Soft Plyo Boxes
2 new Matrix Stair Climbers
2 new Matrix S-Drive Performance Trainer
Added a lot more Iron Grip free weight plates

2018

New Hammer Strength Standing Calf
New Group X room bands
Clorox Total 360 Electrostatic Sprayer
8 New Precor 835 Treadmills

2019

Booty Builder Machine
New Octane Lateral X Elliptical Trainer
2 new Octane Fitness Airdyne X HIIT Bikes

2020

Over \$100,000 in our New Wellness & Recovery Room featuring:
Slim Well 360,
Cocoon Wellness Pod
2 of the new Hydro Massage Lounge 440x
2 Sun Capsule Stand Up tanning bed.
Also implemented a Key Fob entry system for 24-hour access

2021

Hammer Strength Glute and Hamstring
Pit Shark Belted Squat Rack
2 - Octane Recumbent Bikes
TRX – Dozen new Straps for Group classroom, and front desk checkout.
NormaTec Compression therapy for Recovery Room
Hyperice equipment for Recovery Room
Karcher Floor Scrubber

2022

Hammer Strength Multi Hip
InBody 570 Body Composition
French Fitness SS20
2 New TV's for downstairs
3 Matrix Stair Climbers
2 Peloton Bikes

2023

Over \$50,000.00 in New Equipment
Hammer Strength Low Row
Hammer Strength Super Pullover
Hammer Strength Fly/Rear Delt
Hammer Strength Tibia Dorsi
Hammer Strength Benches (Incline, Decline, Flat)
Hammer Strength Bumper Plates
Hammer Strength Elite Power Racks
Hammer Strength Dead Lift Platform
Iron Grip Plates, and Barbells

