



STAY FIT WHILE ON THE ROAD.

Whether it's for business or pleasure, just because you travel doesn't mean you have to forgo your fitness routine. Our Workout Centre allows you to stay on track!



Enjoy **Life Fitness & Precor®** exercise equipment featuring personal TV screens & headphones:

- 3 ellipticals ▪ 4 treadmills ▪ 1 cycle
- 2 recumbent cycles ▪ 1 stretch unit
- 1 cross functional trainer ▪ 1 ab machine

In addition to a range of cardio machines, we also offer:

- incline, decline & adjustable benches
- free weights 5-50 lb. sets
 - Bosu & stability balls
 - water & towel service
 - pool & dry sauna

