

Cybex Weight Room & Cardio Loft



Enjoy a quality workout with top-of-the-line fitness equipment in a friendly environment.

We offer an extensive line of Cybex, machine weights and certified staff to walk you through the equipment.

We also feature a complete line of cardio and cardio-theater equipment such as: Life Fitness, Pre-Core, Concept II, and Cybex.

Teens, 13 to 18 years old, are required to take a Weight Room Orientation before use of any equipment. Sign up at the Front Desk.

Free-Weight Room



A separate Free-Weight Room is located upstairs, loaded with hammer strength equipment. An attached work-out deck offers open air workout with panoramic views of pool and mountains.

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