



FACT SHEET
Fitness Center

Current Hours

5:00am-10:00pm (spa reception building open 6am-8pm)

Precor Cardio Equipment

Number of Machines

Elliptical Fitness Crosstrainer (546i)	2
Elliptical Fitness Crosstrainer (576i)	2
Commercial Low-Impact Treadmill (C956i & C966i)	6
Upright Cycle (C846i)	1
Recumbent Cycle (C846i)	1

All cardio pieces have a cardio theater system with headphone capability.

Weight Training Equipment

Paramount Strength equipment

Rotary Chest Press	1
Rotary Shoulder Press	1
Lat Pulldown	1
Leg Press	1
Seated Row	1
Seated Leg Curl	1
Seated Leg Extension	1
Bicep Curls	1
Triceps Extension	1
Functional Trainer	1
Preacher Curl	1
Adjustable flat/ decline/ incline bench	3
Smith Machine	1
Bench Press	1
Back Extension	1
Pull-up and dip assist	1
Dumbbell set (2.5-75lbs)	

Precor Equipment

Ab-x	1
V-crunch	1
Stretch Trainer	1

Other Equipment

Power Plate (in movement studio)	1
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The Solage Fitness Center also provides: Stability balls, Professional exercise tubing with handles, medicine balls, Bosu balls, yoga/pilates mats, spring water, headphones, and towels.