David L. Bodenhamer Center…

Helping you get in the best shape of your life.

Come see what we have to offer!

Cardio Equipment		Free Weights
6 Treadmills		**3 lb-125 lb Dumbbell Weights**
3 Precor		**2 ½ lb - 45 lb Plates**
3 True		**Olympic Size Barbell (45 lbs)**
5 Elliptical Machines		**Curl Bar**
2 Precor		
3 True		
1 Precor Stepper		
4 Bikes		
1 Precor Recumbent Bike		
1 True Recumbent Bike		
1 Precor Bike		
1 Tectrix Bike		
Body Master Machines	**Benches**	**and more…**
Seated Pec Machine	**Incline Bench**	**Smith Machine**
Vertical Chest Press	**Decline Bench**	**Lat Press/Cable Cross Over**
Tricep Press	**Flat Bench**	**Fitness Balls**
Leg Extension	**Abdominal Bench**	**Medicine Balls, 6 lb - 8 lb**
Leg Curl		**Jump Ropes**
Abdominal Machine		**Mats**
Rowing		
Bicep Curl		**Radio and 6 Televisions**
Low Rowing		
Preacher Curl		
Calf Machine		