



Resort Fitness Center

Life Fitness Machines

6 Treadmills (model 95t)

4 Stair Climbers (model 95x & Precor)

3 Lifecycles (model 95r & 95c)

1 Incline Trainer (summit trainer)

Free Weight Dumbbells (5 lbs. to 50 lbs.)

Weight Machines

Pull Down

Row/Rear Deltoid

Seated Leg Curl

Shoulder Press

Chest Press

Leg Extension

Seated Leg Press

Ab Crunch Bench

Weighted Medicine Balls

Fitness Balls

Resistance bands

Weighted Bars

Dumbbells 1lb-10lbs

Yoga Mats

Lantana Spa Fitness Center

Life Fitness Machines

5 Treadmills (model 95t)

1 Stair Climbers (model 95x & Precor)

3 Lifecycles (model 95r & 95c)

1 Incline Trainer (summit trainer)

Free Weight Dumbbells (5 lbs. to 50 lbs.).

Weight Machines

Pull Down

Row/Rear Deltoid

Seated Leg Curl

Shoulder Press

Chest Press

Leg Extension

Seated Leg Press

Ab Crunch Bench

Weighted Medicine Balls

Fitness Balls

Resistance bands

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Dumbbells 1lb-10lbs

Yoga Mats

