



VillageWalk Fitness Center Equipment
As of 03/13/08

ITEM	QUANTITY
Recumbent Exercise Bikes	3
Treadmills	6
Elliptical	2
Exercise Benches (with incline)	2
Roman Chair Ab	1
Hanging Leg Raise Machine	1
Hyperextension Machine	1
Shoulder Press Machine	1
Seated Row Machine	1
Lat Pulldown Machine	1
Tricep Machine	1
Bicep Curl Machine	1
Abdominal Machine	1
Abduction/Adductor Machine	1
Chest Press Machine	1
Leg Curl Machine	1
Leg Extension Machine	1
Leg Press Machine	1
5 lbs – 50 lbs dumbbells	1 set
3 lbs – 15 lbs dumbbells	1 set
20 lbs – 110 lbs barbells	1 set
Weight Rack (small)	1
Weight Rack (large)	1
Exercise Mats	2
Fitness Balls	3
Aerobic Steps	2
Cable Machine	1
Cable Machine Attachments	5
TVs	3
Defibrillator	1
Scale	1