

THE Make *More Possible* PLACE

FOND DU LAC FAMILY YMCA

NEW WELLNESS CENTER EQUIPMENT & FEATURES

As part of our Wellness Center expansion, we're excited to invest in new equipment and training options for our members, including:

- 10 new treadmills
 - 3 Performance Plus treadmills
 - 7 Performance Premium treadmills
- 5 ClimbMills
- 2 additional upright bikes
- 6 recumbent bikes
- New 15' x 40' functional training turf area
- Push sled
- Fully equipped functional training accessory rack, including:
 - TRX straps
 - Heavy bag
 - Ball target
 - Dumbbells
 - Resistance bands
 - Kettlebells
 - Medicine balls
 - Stability balls
 - Slam balls
 - Foam rollers
 - Battle rope
- Eight-station training rig with:
 - Weight plates
 - Bars
 - Benches
 - Landmine attachments
- 2 additional sound-dampening deadlift platforms
 - Bumper plates
 - Bars
 - Weight storage
- Eight-stack Functional Trainer system, featuring:
 - 2 seated row stations
 - 2 lat pulldown stations
 - Tricep pressdown
 - Adjustable pulley stations
- 2 four-stack Functional Trainer Systems with adjustable pulleys

This gives members a nice mix of more cardio capacity, expanded strength equipment, functional training space, and greater variety for all fitness levels.

