



# Need Help Deciding on a Fitness Area for Your Self-Guided Class?

This Chart Will Assist You in Choosing the Proper Area for Your Workout Class

## Wellness Center Equipment:

Our regular full fitness center

2 AMTs  
2 Upright Bikes  
2 Recumbent Bikes  
2 Rowers  
2 Sci fit Seated Ellipticals  
1 Arm Cycle  
9 Treadmills  
4 Ellipticals

### Free Weight Equipment:

4 Olympic Benches  
2 Flat Benches  
1 Incline Bench  
1 Decline Bench

2 Squat Racks  
3 Deadlift Stations  
2 Adjustable Benches  
2 Cable Crossover Units w/ Pull-up Bars  
1 Precor Lat Pulldown  
1 Assisted Pullup/Dip Station  
1 Roman Chair  
Pre-set Barbell Rack (20lb-110lb)  
1 Full Set of Dumbbells (5lb-100lbs)  
1 Preacher Curl  
Stretching Area

Hoist Circuit:  
#1 Leg Press  
#2 Leg Extension  
#3 Leg Curl  
#4 Inner Thigh  
#5 Outer Thigh  
#6 Mid Row  
#7 Chest Press  
#9 Pec Fly  
#10 Shoulder Press  
#11 Bicep Curl  
#12 Tricep Dip  
#13 Ab Crunch  
#14 Back Extension

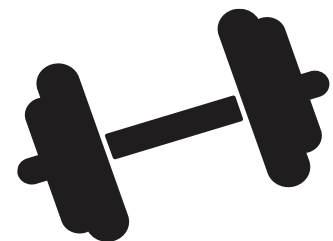
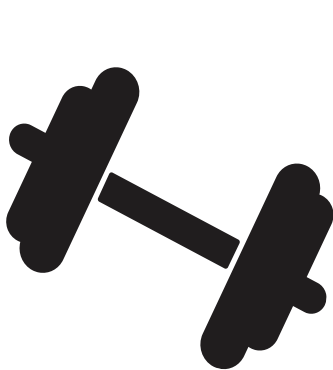
## Track Center Equipment:

Machines have been added to the track area for a full workout

2 AMTs  
Upright Bikes  
Precor Stepper  
Spin Bike  
Elliptical  
2 Rowers

Recumbent Bike  
Cybex Stepper  
Precor Stretch Machine  
Hoist Lat Pull down  
Stretching Stations  
"Clifford"

Jump Boxes, Kettlebells, Medicine Balls  
One lane of the track for walking or running; One lane for passing



Keene Family YMCA  
[keeneymca.org](http://keeneymca.org)