



## Coming Soon: Lobby Level Fitness Equipment Redesign

---

### What to expect

An improved Lobby Level Fitness Equipment Area with changes to our strength training equipment line and a larger stretching/floor activity area.

### Upgraded Equipment

- Increased adjustability for range of motion and weighted resistance
- More ergonomic, smoother motion
- More streamlined strength equipment selection that promotes:
  - Easier access to equipment
  - Balanced full body exercise experience
  - More space for stretching and other floor-based activities

### Area Closure

We will be closing the lobby level Fitness Equipment Area, including the stretching area, for the redesign of this space. Mind and Body, Aerobics and Cycling studios will remain open during the redesign. All group exercise schedules will remain the same.

### Dates of Area Closure

Monday October 30-Sunday November 5, 2017

### Wellness Coaches & ActivTrax

The Wellness Coaches will be relocated to the 2nd floor Wellness Center near the Free Weight area, along with an ActivTrax login station.

### Stretching & Floor Activities

Racquetball Court 1 on the 2nd floor will be reserved for the use of stretching and floor activities only.

If you have questions about our Lobby Level Fitness Equipment Area redesign please stop by the front desk, speak with a Wellness Coach or call us at 510-451-9622.



## Coming Soon: Lobby Level Fitness Equipment Redesign

---

**Thank you for your patience** as we work around the clock to bring our community an improved facility to support our focus on healthy living!