

# Fitness Layout First Floor

















Group classes on open turf for yoga, shown with 21 participants.

Programming for classes with body bars, stability balls, dumbbells, medicine balls. Available from the large group closet storage.



Yoga and spin class shown with 21 participants.

Programmed as group class, max recommended class size: 23.

Recommended by ACSM, 50 sq ft per person in group class, maximum 27 users for group exercise.

Shown with setup for a senior class with chair activities with 24 class participants.

Performance training room shown with rigs with 15 TRX points. Additional could be added via ceiling mounts. Max group class size: 30. Performance Turf Activity Zone Featuring BeaverFit Rig with strength training and storage.

Programming for dynamic class stations shown with cones, ladders, battle ropes, tank pushes, and gridlines for HIIT drills.

#### First Floor Group Rooms Suggested capacity









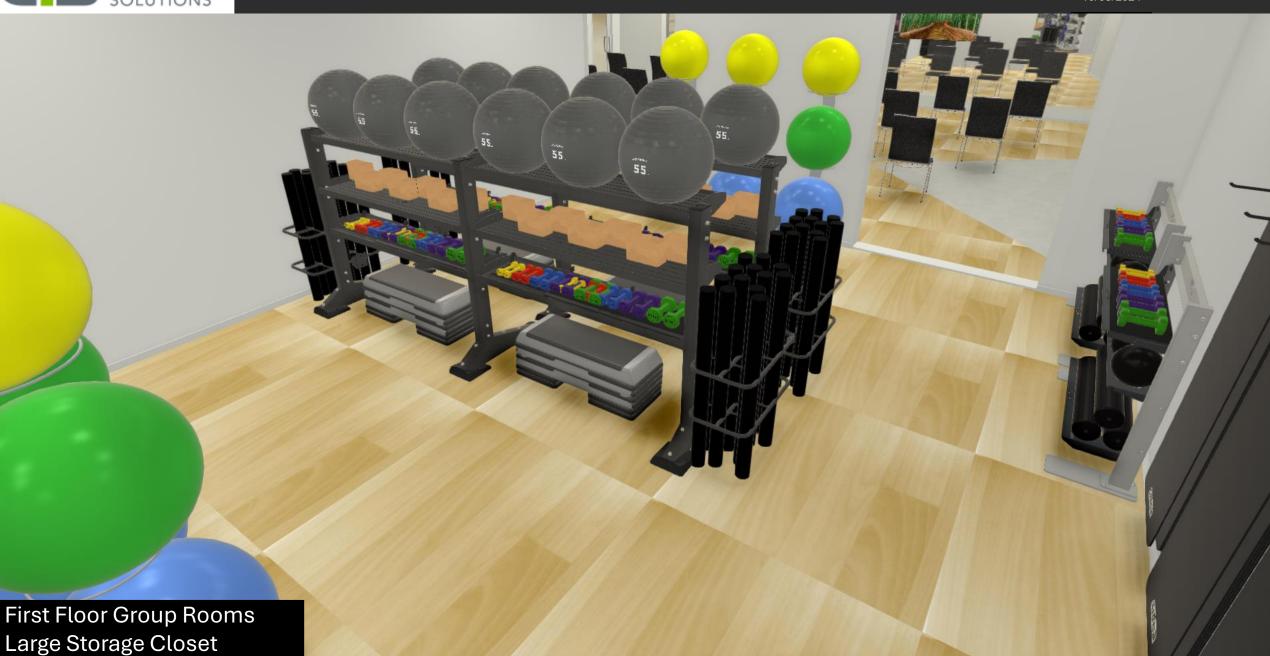




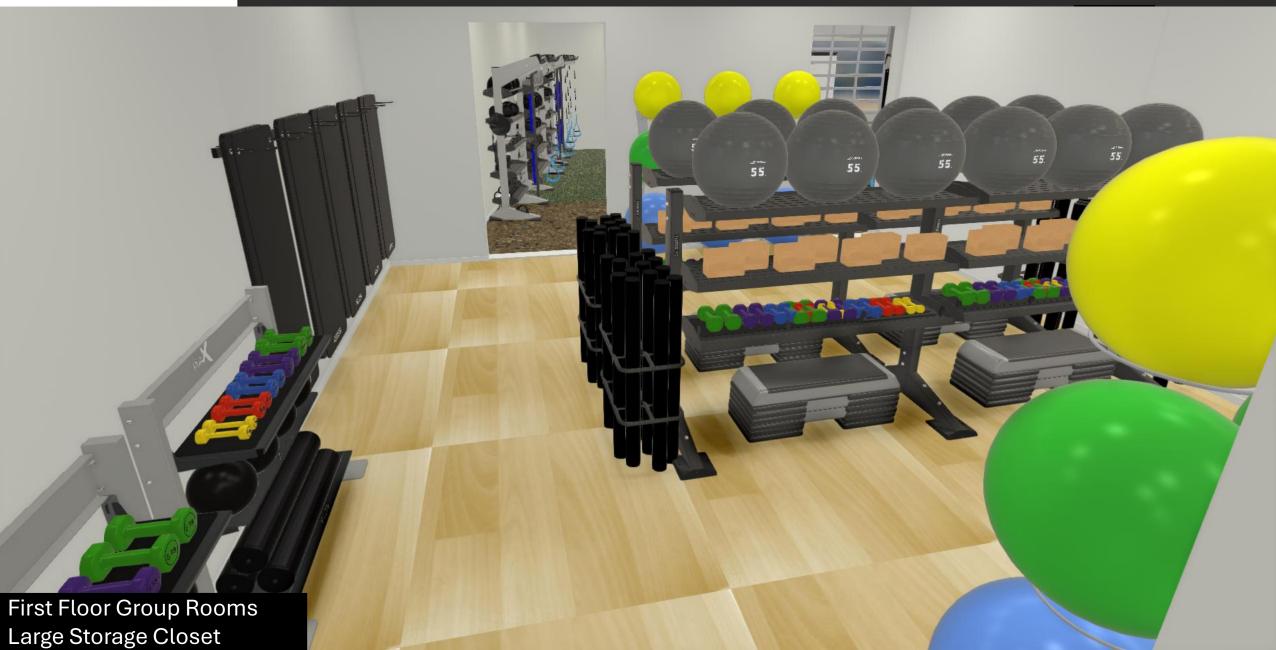








































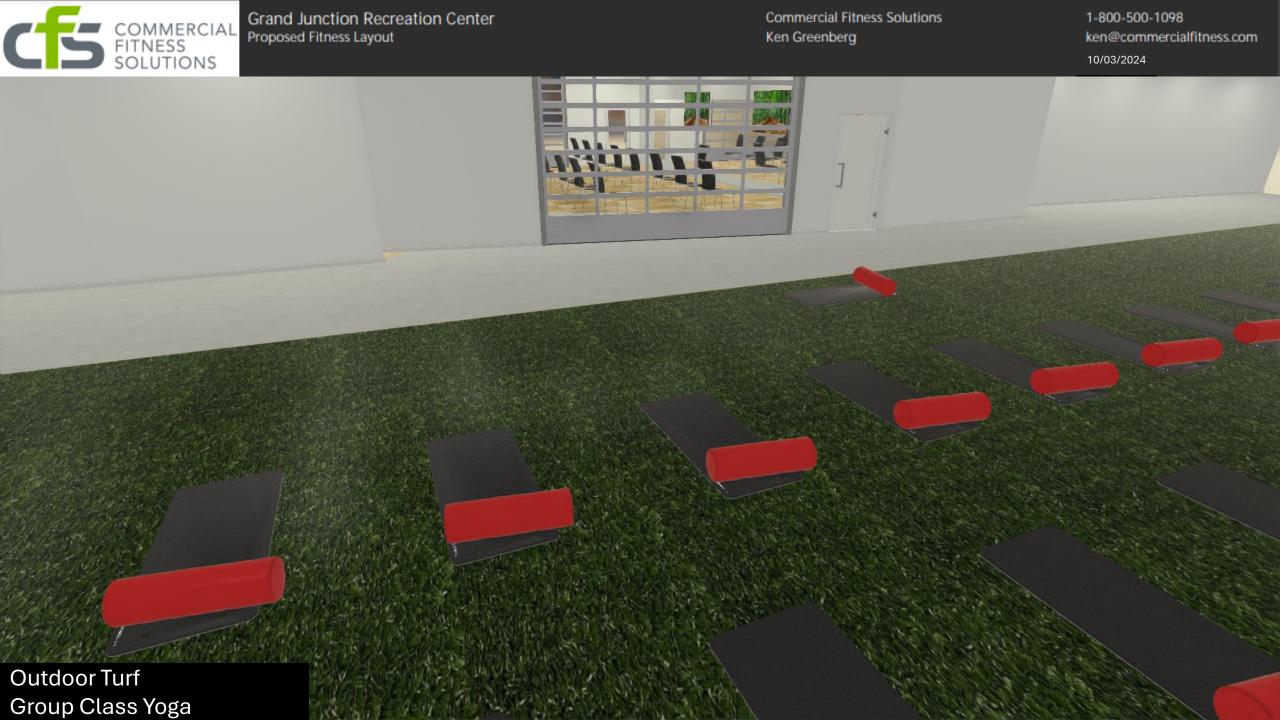






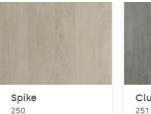






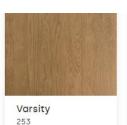


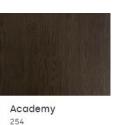
#### ECORE BALLER FLOORING











ECORE BOUNCE FLOORING



ES207



ES206



ES205





Chestnut ES204

## ECORE FLEXTURF FLOORING

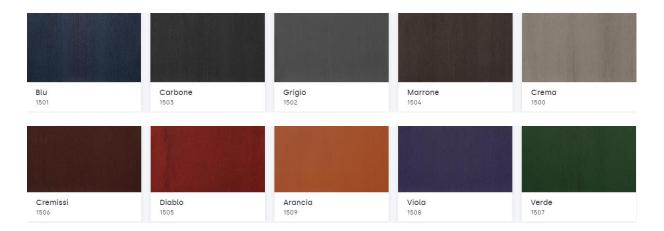


# ECORE PERFORMANCE FLOORING





#### ECORE MOXIE FLOORING



## ECORE FLEXTURF FLOORING

