

# Free Weights Exercise Room

## Weight Room Equipment



Seated Back Row  
Lat Pull Down  
Leg Extension  
Leg Curl  
Sit up Board  
Seated Calf Raise  
Leg Press  
Decline Bench  
Flat Bench  
Incline Bench  
Power Rack  
Fly Machine  
Seated Curl  
Cable Machine  
Dumbbells  
Back Extension Machine  
T Row Machine  
Smith Machine



### Annual Membership fees:

Initiation fee – Applies to all new members - \$100.00

Annual membership - \$300.00

College Student annual membership fee - \$150.00 (must show a current Student ID)

### Age requirements

The weight club is for anyone 18 years of age and older.

16 and 17 year olds may use the weight club under the direct supervision of a parent or guardian who is a member of the club. (No Exceptions)

For More information call Leroy Frost at 203-644-0067