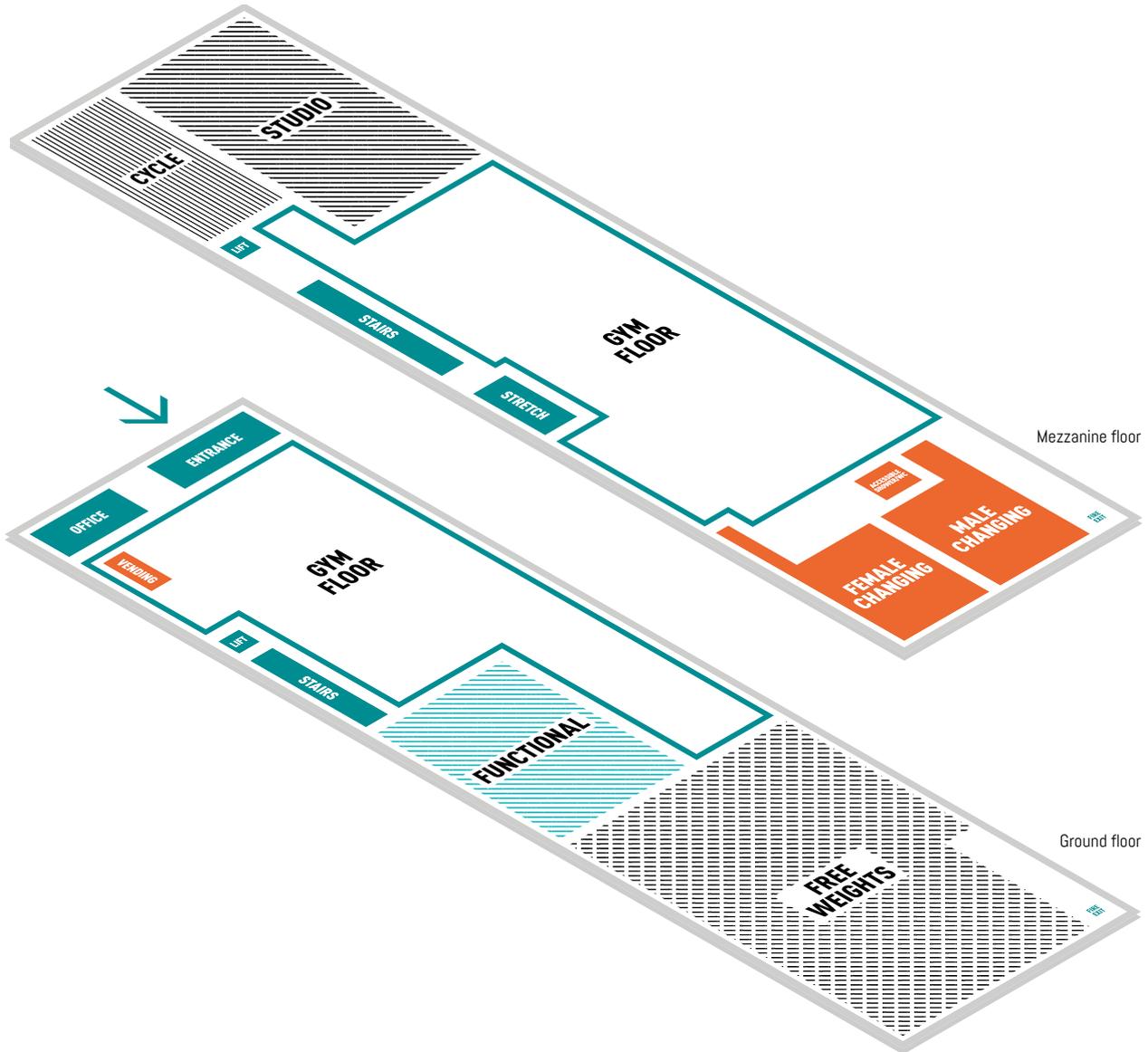


SALISBURY FLOORPLAN



CYCLE

Bicycles
Endurance and calorie burning

CARDIO

Treadmills, rowing machines, cross trainers
Calorie burning

STRETCH

Stretching mats, light weights
Flexibility and toning

WEIGHTS

Free weights
Strength and muscle building

FUNCTIONAL

Activity area
Strength, endurance and calorie burning

STUDIO

Classes
Range of exercises

