Mercy College
FITNESS CENTER

WORKOUT AREAS AVAILABLE

AREA 1 - TREADMILL

THIS AREA ALLOWS THE USER ONE AVAILABLE TREADMILL PER USE

AREA 2 - ELLIPTICAL

THIS AREA ALLOWS THE USER ONE AVAILABLE ELLIPTICAL PER USE

AREA 3 - STAIRMASTER

THIS AREA ALLOWS THE USER ONE AVAILABLE STAIRMASTER PER USE

AREA 4 - SPIN BIKE/ JUNGLE

THIS AREA ALLOWS THE USER THE USE OF A SPIN BIKE, PULLUP BAR AND TRX STRAP