

Downstairs Stations

Once a reservation is made on IMLeagues or the Ville Rec app, please enter at the **DOWNSTAIRS** entrance off of Shenks Lane to check-in.

MAC 1: Bench Press, Incline Bench Press, Precor Recumbent Bike, Dumbbells - 2 of each - 25lb, 30lb, 35lb, 40lb, 45lb, 50lb, 55lb, 60lb

MAC 2: Precor Recumbent Bike, Bench Press, AB Decline Board, Dumbbells - 2 of each - 35lb, 40lb, 45lb, 50lb, 55lb, 60lb, 65lb

MAC 3: Bench Press, Preacher Curl, Precor Recumbent Bike, Rower
Kettlebells - 4lb, 8lb, 12lb, 16lb, 20lb, 24lb, 28lb, 32lb
Dumbbells - 25lb, 30lb, 35lb, 40lb, 45lb, 50lb

MAC 4: Squat Rack, Bench, Precor Recumbent Bike, 4Box Jumps
Dumbbells - 2 of each - 70lb, 75lb, 80lb, 85lb, 90lb, 95lb, 100lb

Indoor Basketball: Court 1A, 1B, 2A, 2B, 3A, 3B (TIMES MAY VARY)

Functional Training Room (FTR)

FTR 1: Air Runner, Strong Box, Rope, Plyosoft Box - One each of 12 in, 18 in, 24 in, (5) Mini Hurdles, Ladder in a Bag, Medicine Ball- One each of 5lb, 10lb, 16lb, GripR Weight Bag- 13.2lb, Corebags- Two each of 11 lb, 22 lb, 33 lb, 44 lb, Equalizer Bars

FTR 2: Rowing Machine, Wind Bike, Plyosoft Box - One each of 12 in, 18 in, 24 in, (5) Mini Hurdles, Ladder in a Bag, GripR Weight Bag- One each of 13.2lb and 17.6 lb, Sandbags- Two each of 22 lb, 33lb, 44lb, Tiyr Rings- One each of 88 lb, 132 lb, 176 lb, Equalizer Bars

FTR 3: Core Momentum Trainer's- Two each of 2.2 lb, 4.4 lb, 8.8 lb, GripR Weight Bag- One each of 13.2 lb, 22.2 lb, Exercise Balls- Three each of 21.6 in, 25.5 in, 29.5 in, Plyosoft Box - One each of 12 in, 18 in, 24 in, Strong Box, (2) Rope, Punching Bag, (1) TRX Band, Rowing Machine, Wind Bike, Bulgarian Bags- Two each of 11 lb, 17 lb, 26 lb, 37 lb, Medicine Balls- One each of 11 lb, 16 lb, 22 lb, Two each of - 12lb, 14 lb, 33lb, Kettlebells- Two each of 20 lb, 25 lb, 35 lb, 45 lb, 50lb

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