



Cranford Family

Center YMCA

Located @ Centennial Ave

Fitness Center Equipment

Cardio Equipment

- 7 Treadmills
- 4 Ellipticals
- 2 Ellipticals with Incline
- 1 PowerMill
- 3 Recumbent Bikes
- 3 Upright Bikes
- 1 Rower
- All with personal TV's (except Rower)

Life Fitness Integrity Treadmill with 24" TV



Life Fitness Integrity Elliptical with 16" TV



Precor EFX 865 Crosstrainer with 10" TV



Life Fitness PowerMill with 16" TV



Life Fitness Integrity Recumbent Bike with 16" TV



Life Fitness Integrity Upright Bike with 16" TV



Concept2 Rower



Selectorized Equipment

- 10 Pieces of Selectorized Equipment
- Target all major muscle groups
- Blue Upholstery/White Frames

Life Fitness Insignia Series Lower Body



Life Fitness Insignia Series Upper Body & Core



Keiser Upper Body Circuit

- 5 Keiser pieces of equipment targeting major upper body muscle groups
- Easy to use
- Great for beginners
- Uses air pressure, easy on joints
- Popular with teens/athletes

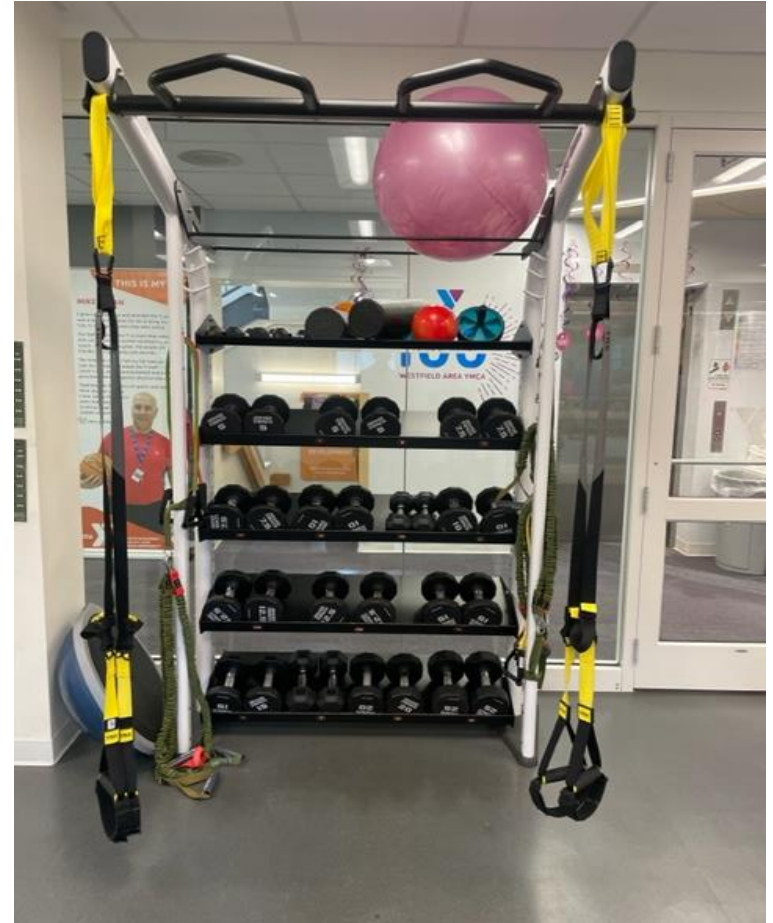
Keiser - Upper Body Circuit



Free Weights

- Light Dumbbells, Storage, TRX
- Multi Jungle Station & Cables
- Perimeter Half Rack
- Leg Press
- Smith Press
- Hack Squat
- Flat Bench with safety spotters
- Dumbbell Rack

Life Fitness Synergy180 TRX, Dumbbells, Storage



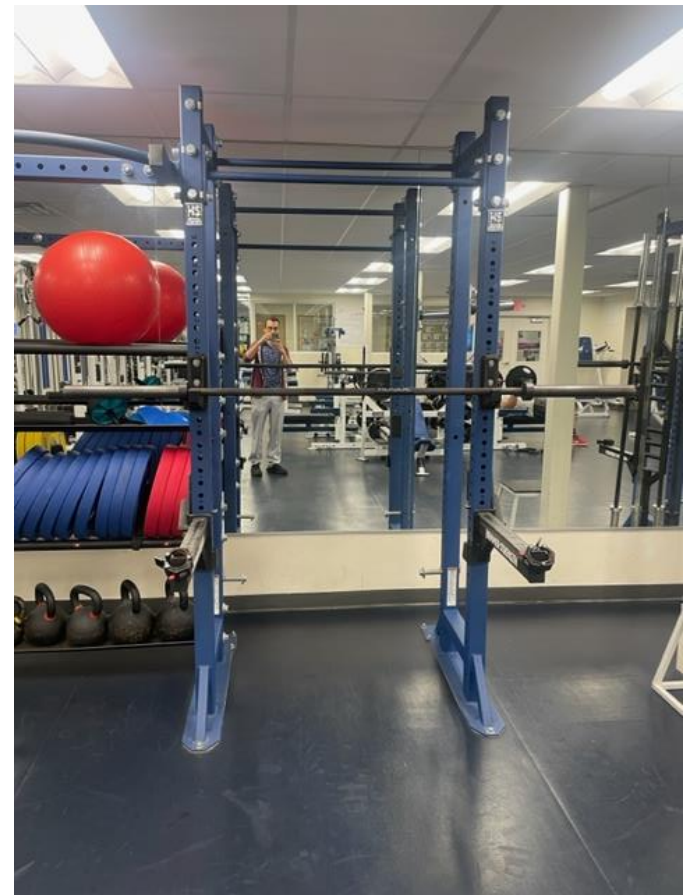
Multi Jungle Station & Cables



Perimeter Half Racks



Perimeter Half Racks



Hammer Strength Leg Press



Smith Press



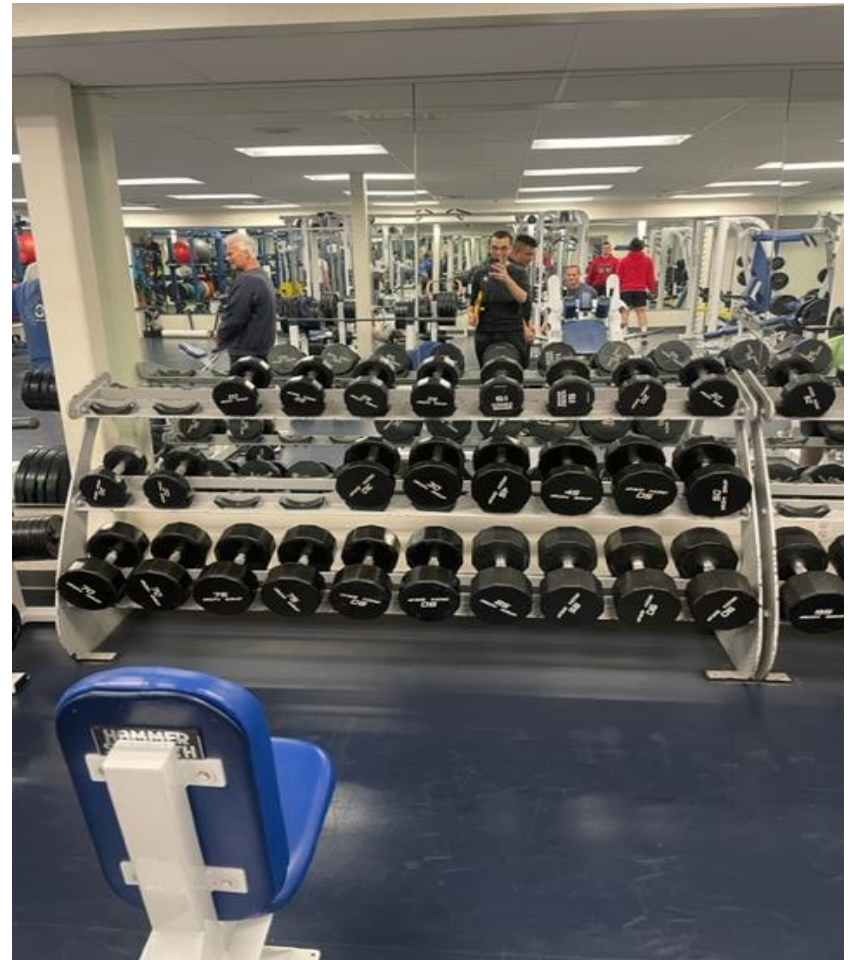
Hack Squat



Flat Bench



Dumbbell Rack



Other Equipment

- Mats
- Foam Rollers
- Bands
- Kettlebells
- Balance Discs
- Bosus
- Stability Balls
- Medicine Balls
- & More

End Goal

Modern equipment to serve all ages and populations from teens to active adults, beginners to advanced exercisers