



REGIS UNIVERSITY

FITNESS AND WELLNESS

Fitness Center Equipment:

Strength Equipment:

- Cybex Selectorized Equipment
- Free Weights
- Dumbbells
- 2 Squat Racks & 1 Smith Machine
- 3 Benches with Racks
- Various Open Benches
- One Foot Rack
- Curling Station
- 2 Back Extension
- Free Motion Cable Machine
- Multi Use Cable Station
- Bar Row Station

Cardio Equipment:

- Treadmills
- Stair Climbers
- ARC Trainers
- Elliptical Machine
- Recumbant Bike
- “Regular” Bike
- 8 Indoor Cycles
- Concept 2 Indoor Rower

Extra Equipment:

- Box Jump Platforms – 4 sizes
- Balance Boards
- Half Dome Balls
- Variety of Medicine Balls
- Slam Balls
- Step Platforms and Risers
- Variety of Body Bars
- Kettlebells and Vinyl Hand Weights
- Hanging Curl Station
- 2 TRX Stations

For Check Out:

- Hip Thrust Pads
- Bar Pads
- Foam Rollers – Small & Large
- Weight Belts
- Super Band Long Bands
- Handled Tubing
- Small Loops
- Yoga Straps
- Jump Ropes
- Stretching Assist Straps
- Wrist Rollers
- Ab Rollers
- AirEX Balance Pads
- DynaDisc Balance Discs
- Yoga Blocks
- Fitness Mats
- Yoga Mats
- Zaphu Pillows

Keep requests coming in!