

## **NEW EQUIPMENT UPGRADE: Questions & Answers**

**The Cardio room won't be this roomy for long.**

Coming soon are wonderful Plyo boxes and medicine balls.

**Are you missing the cross tower as much as we are?**

Well, Christmas has come early. A new tower, which includes a punching bag, will be delivered in a few weeks.

**If you haven't been able to find your favorite weight machine chances are it's on the second floor.**

In our attempt to streamline and adhere to Y policies we had to move a few machines.

**All the weights have moved to the second floor as well.**

Our goal was to add more space for functional and body resistance exercises so you will find all the weights on the second floor.

**Are you wondering what changes were made to the Adult Training Center?**

Going forward, no one under 11 is allowed to use the room.

**What other changes did the Y provide for our diverse group of athletes you ask?**

We leased machines with more functionality that can be used by a wider variety of people for a wider range of abilities.

**Are you unable to find a favorite machine?**

Our equipment lease expired so we lost some machines but replaced them with some very cool new machines.

**Do you still have questions?**

Please ask any one of our trainers and coaches for some help. They are very happy to show you how to use a new piece of equipment. Also, please keep in mind that you can always ask for a free consultation. Book an appointment directly with a trainer, Ixchell, or Sona.