

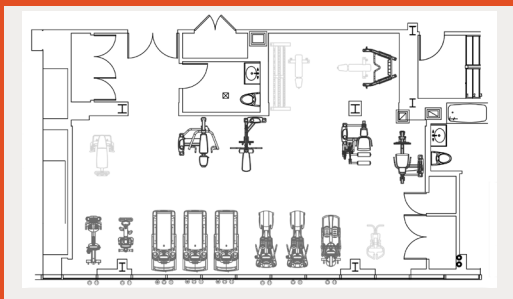


MULTI-FAMILY  
FITNESS SOLUTIONS



In an increasingly amenity-focused housing market, the right fitness offering is key to retaining current residents and appealing to prospects. With over 30 years' experience and a thorough knowledge of industry trends, Advantage Sport & Fitness can help you maximize your fitness space to improve community satisfaction, promote higher occupancy rates, and attract high-quality, long-term residents. From equipment selection, to facility design, to installation and service, we have the expertise you need to create a fitness amenity that supports both your community and your bottom line.





875 square feet



1,460 square feet

#### CARDIO STATIONS

3 Precor Treadmills | 2 Precor Ellipticals | 1 Precor AMT  
1 Precor Recumbent Bike | 1 Precor Upright Bike

#### SELECTORIZED STRENGTH STATIONS

1 FTS Glide Functional Trainer | 1 Dual Multi-Press  
1 Dual Leg Press/Calf | 1 Dual Lat Pulldown/Row  
1 Dual Leg Extension/Curl

#### FREE WEIGHT STATIONS

2 Precor Multi-Adjustable Super Benches | 1 Stretch Trainer  
1 Precor Ab-X Abdominal Bench | 1 Two-Tier Rack w/ Dumbbells

#### CARDIO STATIONS

3 Precor Treadmills | 2 Precor Ellipticals | 1 Espresso Bike  
3 Precor Spinner Indoor Cycles

#### STRENGTH STATIONS

1 FTS Glide Functional Trainer | 2 Precor Multi-Adjustable Benches  
1 Escape XRack w/ Dumbbells

#### FUNCTIONAL & GROUP EXERCISE AREAS

1 Escape Plyosoft Box Set | 2 Escape Rack5 Units w/ Med Balls, Corebags,  
Foam Rollers, Kettlebells, Stability Balls, Bosu Balls, & Yoga Mats  
1 Wellbeats System for On-Demand Group Exercise

# PRECOR® Premium Cardio & Strength

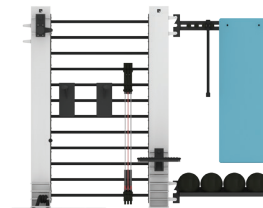
Precor's cardio and strength lineups are designed to fit a broad range of budgets and spaces, providing the right balance of cardio, strength and core exercises.



Take your group fitness and HIIT training up a notch with Queenax functional frames and Spinning® indoor cycles – each backed with the reliability, durability, and support you expect from Precor.



Spinner® Chrono Power



Queenax W175



## Interactive cycling makes exercise efficient & effective.

The all-new Expresso Bikes raise the bar for indoor cycling, yet again. With interactive road racing, studio cycling, and HIIT gaming all in one beautiful machine, you are guaranteed the world's best workout, no matter your style.



Expresso Upright Bike



## Functional Accessories & Tools

With varied weights and sizes Escape ensures every member is catered to, from beginners to experienced athletes.



Escape Kettlebells



Escape RACK5 Storage



Escape Core Mat

## Wellbeats™ Create an engaging group fitness experience anywhere.

With just a touch, residents can choose from hundreds of fun and exciting boutique exercise classes for all ages & abilities including kickboxing, dance, cycling, yoga, and more.



Fusion - Yoga & Pilates



Kettle Power



Vibe - Global Dance Styles

## HYDROMASSAGE INNOVATION IN RELAXATION

### Take recovery to the next level.

Recover and relax in style on a luxury HydroMassage bed. With a touchscreen for customizing your massage, it is the perfect addition to a premium facility.



HydroMassage Lounge

see more options at [advantagefitness.com](http://advantagefitness.com)

# YOUR **TOTAL FITNESS** SOURCE

**PRECOR**

**escape**

**Expresso**

**Wellbeats**

**concept 2**

**HYDROMASSAGE**  
INNOVATION IN RELAXATION

**SPIRIT**

**UMAX**

**ecore**

**TRX**

**YORK**  
BARBELL

**INFLIGHT FITNESS**

AND MORE

## **CORPORATE OFFICE**

2255 North Triphammer Road • Ithaca, New York 14850

**SALES** 800.308.4382 | **SERVICE** 800.901.2348

**WWW.ADVANTAGEFITNESS.COM**

## **OUR SERVICES**

Custom Equipment Floor Plans

Facility Planning & Equipment Selection

Lease & Financing Options

Used Equipment Trade-Ins

Delivery & Installation

Staff Training

Preventative Maintenance & Services