



# PARKS & RECREATION

5770 Rockfish Road, Hope Mills, NC 28348

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To: Fitness Room Patrons

Date: October 9, 2019

Subject: Fitness Room Transition

Dear Valued Patron:

The Town of Hope Mills has approved a brand new Fitness Room for January 2020. This much needed upgrade requires a period of time that our facility will be without fitness equipment.

Beginning Saturday, October 12, 2019, the current Fitness Room will be closed until the new space and equipment is ready for public use. Current fitness equipment will be removed from the building over the coming weeks and that space will be transitioned to a multi-purpose/meeting space. The new Fitness Room will be where the old Game Room used to be across the lobby.

Attached is a diagram of what your new Fitness Room will look like, along with descriptions of the equipment. Additional new equipment:

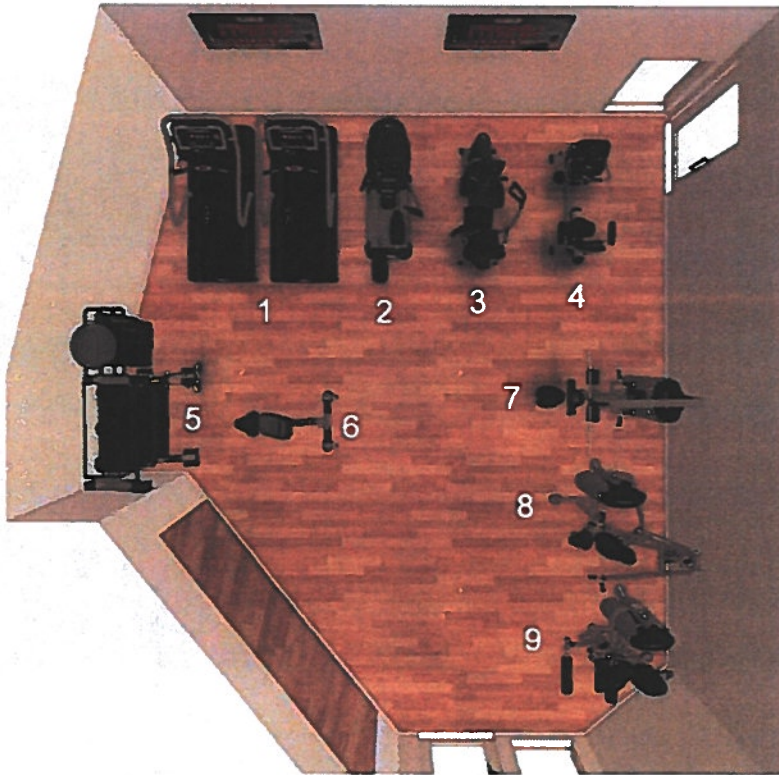
- Seated Elliptical
- Free weights
- Medicine balls
- TRX suspension training straps
- Mats for stretching
- SMART TVs

As a Parks and Recreation Department we thank you for your understanding, patience and support during this transition.

Thank you,

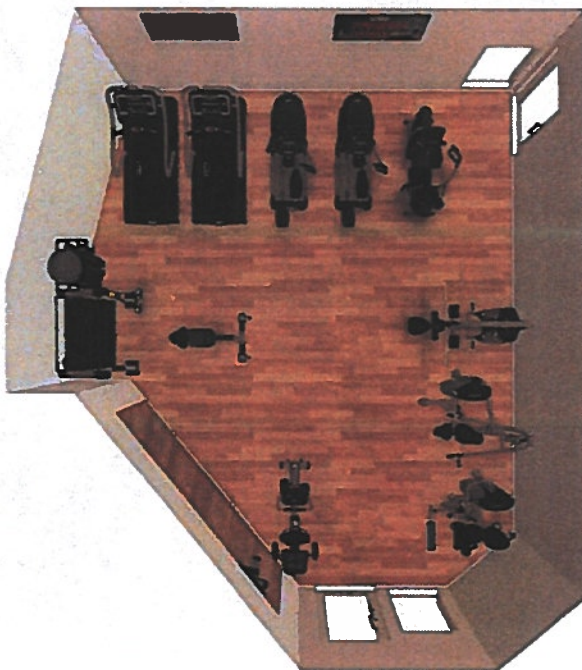
Hope Mills Parks and Recreation



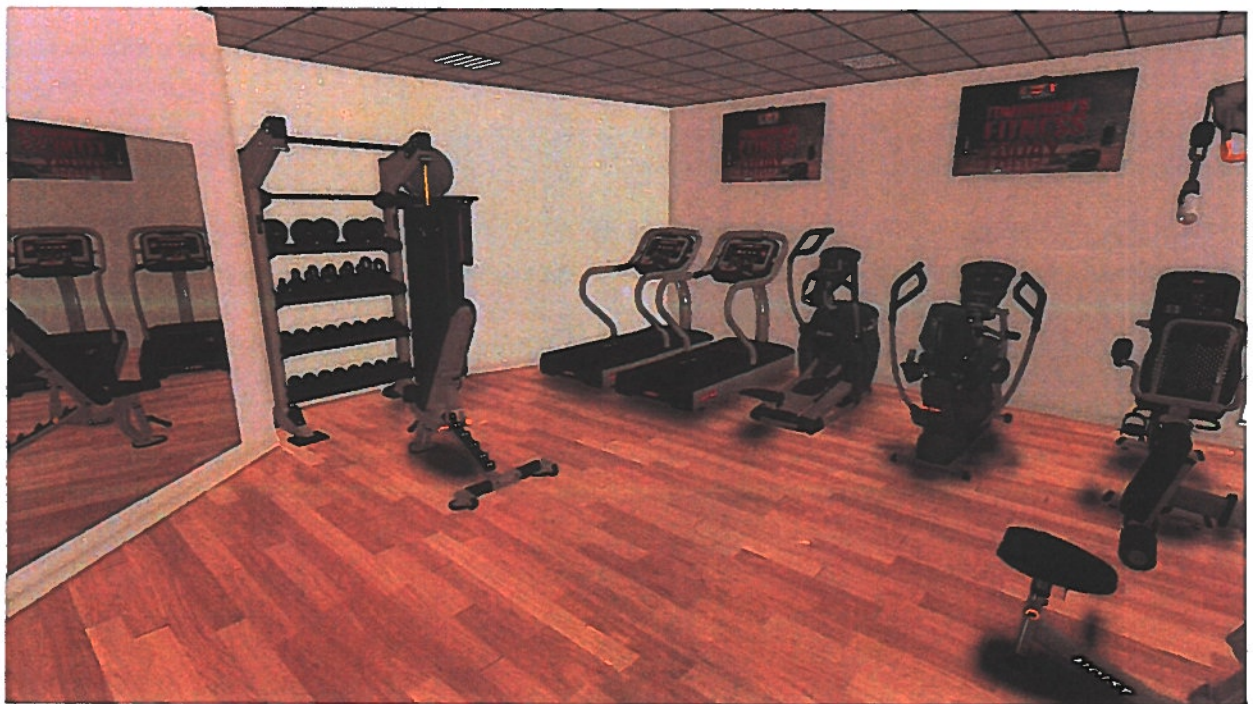


**New Fitness Room Equipment**

1. Treadmills
2. Elliptical
3. Seated Elliptical
4. Recumbent Bike
5. X-Create Functional Storage
6. Adjustable Bench
7. Lat Pull / Row
8. Multi-Press
9. Leg Extension/Curl



Option #2 with added elliptical





Create the ultimate training space. The X-CREATE by Torque Fitness takes the features of a perfected storage system and merges it with endless training possibilities. X-CREATE is designed for floor space efficiency, optimal accessory storage and accessibility, and infinite customization to create the ideal training system. With expansion options, suspension anchors, pull-up bars, ball walls, stall bars, ball targets and more, X-CREATE is the ideal solution for storing accessories or creating a complete custom training system, and everything in between.



The Star Trac STRX Treadmill user-friendly console features a large message window, motivational track, 10 exerciser-specific workouts, a personal fan, and multiple cup and accessory holders. The Soft Trac triple-cell cushioning system provides maximum shock-absorption, and adjustable personal fans enhance comfort.



Our recumbent bikes boast a modern iconic design creating the industry's most comfortable backrest, to invite members to try it and keep them on it! If you want the best looking and best feeling bike that sets your cardio floor apart from the rest, then Star Trac's recumbent bike is the clear choice.



The Pro3700 Classic features the natural, smooth motion that Octane is known for with close pedal spacing along with the patented MultiGrip and Converging Path handlebars so it fits users of all sizes. With goal based programs, advanced programs and Octane's exclusive Workout Boosters, users can push their limits and get a great workout to see results faster. Plus, the Pro3700 Classic features a full commercial warranty and is self-powered to fit anywhere in the facility.



The xR650 xRide recumbent elliptical delivers Octane's incredible innovation at a great value. The xR650 beats other seated steppers and recumbent bikes with a greater range of motion, more effective upper-body engagement and superior comfort. xRide users can perform resistance training intervals while they do cardio for more efficient, effective workouts. Programs include 30:30 Interval, for rigorous, athletic interval training; and Workout Boosters



The expanded HOIST® HD Dual Series offers a comprehensive solution for fitness facilities where space, budget or both are at a premium. Featuring the same aesthetic distinction and durable construction as the popular HOIST ROC-IT™ line, the Dual Series offers 9 dual or multi-function stations. Utilizing flexibility in design HOIST® can provide a state-of-the-art strength circuit for almost any center. The HD Dual Series offers an exciting blend of quality components, intuitive adjustments, superior biomechanics and excellent value.

- Multi-Press
- Lat Pulldown / Row
- Leg Extension / Curl

