

The NEW Neighborhood Club Recreation and Wellness Center

Find fitness opportunities for the whole family!

**OPENING
JANUARY 2013!**

Membership sales begin October 16 at Neighborhood Club offices: 240 Chalfonte, Grosse Pointe Farms.
Office hours: Monday-Friday, 10 am-4pm.
Extended hours available on Tuesdays and Thursdays until 8 pm through October.

The Fitness Center will offer state-of-the-art cardiovascular equipment, circuit training machines and a free-weight area. Also included on most cardio machines is an entertainment system that includes live television/cable tv and music choices, as well as personal viewing screen systems with virtual active world training tours.
*Patrons must be 16 years or older to use the fitness center.

Scroll down to see a sampling of the machines you'll find in the Fitness Center.



U3xe Upright Cycle

Simple LED Console Display
Easy-to-navigate LED console clearly displays vital workout information

Race-inspired handles
Race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics

Virtual Active™ programming
Compatible with the immersive Virtual Active™ programming

Immersive TV/LED Screen
Wide View™ Immersive Technology™ increases screen picture quality in the industry

Wide View™ seat
Wide View™ seat and backrest provide optimal comfort and support

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Nike + iPod

LATERAL X

Get a side workout and resistance to burn calories with the Lateral X elliptical. This unique machine combines the benefits of a side workout and a cardio workout.

KEY ADVANTAGES

- Side workout
- Provides a side workout that burns 10% more calories
- Side workout machine, by which you can burn more calories
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Octane PRO xRide Seated Elliptical

4 "Stride"™ joint Elliptical Lower Body Motion combined with an Upper Body Motion

- 17" inclined base to save floor
- Two Seat Adjustment options to choose from
 - 17" height adjustment option
 - 17" height adjustment option
- 4" Console 16 Adjustment options
- Multi-Clip Handle Bars and Upper Body Motion
- Soft Grip Pedals
- 2" Photo Console Display
 - 4" Space-saving handle with 16000+ RPM
 - Workout Display
 - 16000+ RPM
 - 16000+ RPM
 - 16000+ RPM
- 16000+ RPM
- 16000+ RPM
- 16000+ RPM

Console Heart Rate
OPTIONAL PERSONAL LED TV SCREEN AND CONTROLLER
Heavy Duty Step-Down Frame design
1.2" Frame Spacing
Easy accessibility design

A STRIDE AHEAD

PROFESSIONAL

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Magnum 3 Way Olympic Bench

2000 - 3 Way Olympic Bench
• Flat bench press, incline press, and shoulder press
• Flat bench press, incline press, and shoulder press
• Flat bench press, incline press, and shoulder press
• Flat bench press, incline press, and shoulder press

Dimensions: 50" H x 42" D x 27" W Height: 60"
Shipping Weight: 342 lbs.

...and many, many more.