RUN WORKS **HEALTH CLUB**

Women's Only

Workout Area

Massage

Therapist

STAFF

Ab Core

Stretch

Room

Restroom

STAFF

STAFF

Red Room

Weight Room

Kids Zone

Onsite Child Care

Facility Map

Note: Areas are not to scale Indoor Walking/Running Track 14 Laps =1 Miles Please rack weights and put away equipment after use. Cleaning stations around the gym for cleaning machines and equipment after use. Pool STAFF **Outside Group X** Women's Locker Men's Locker Room Room Circuit STAFF **Bootcamp** eXtreme Workout Weight Machines STAFF Weight Machines **Sled Lane** White Room Weight Room Punching Cardio Weight Machines Theater **Indoor Half-Court** Basketball **Group X Room/Posing** Spin - Zumba Silver Sneakers Free Weight Area Yoga - Chair Yoga Front Desk STAFF