

## **GRU Wellness Center**

### **Located next to the Kelly Plant**

OPEN TO ALL CITY EMPLOYEES  
24 HOURS A DAY  
365 DAYS A YEAR!

(GRU wellness center is open from 4am – 10pm for spouses and retirees.)

A security system has been set up for this facility. If you would like a card please contact Susan Wallace at x. 5577 or Gary Porter at x. 5362.

### **Equipment and Facilities**

The GRU Wellness center features both men's and women's locker rooms, which are equipped with two showers, lockers, and bathroom facilities. If you find you are barred by a locked gate or door, you will need to present your City ID to one of the guards. Guards almost always can be found in the guard shack on Depot Ave, and after you have presented your credentials they will grant you access.



### **Aerobic Equipment**

- One Treadmill- Star Trac 4500
- One Nordic Tracks
- One Stair steppers - Star Trac 4100
- Three Bikes - two recumbent, and one Airdyne
- Two elliptical trainers



### SelectORIZED Weight Training Equipment

- Lat Pull Down/Bicep Curl/Upright Row/Tricep Pushdown
- Low Back Machine
- Hip/Back Leverage Machine
- Prone Leg Curl
- Leg Extension
- Preacher Curl
- Universal Multistation Bench Press/Vertical Press/Leg Press, Lat Pulldown/Tricep Pushdown
- Fly/Pec Dec
- Rotary Torso



### Free Weights

- Squat Rack
- Flat/Incline Bench
- Curl Bar
- Hack Squat/Leg Press
- Barbell Rack up to 60 lbs. (5 lb. increments)
- Universal Plate weights 2 1/4 lbs. - 45 lbs.

### Abdominals

- Abdominal Crunch Machines