



# THE ROWAN

The amazing floor plans and prime location are just the beginning of the many things you will love about life at The Rowan.

We are proud to offer an impressive fitness center that is sure to make you happy to call this community your home!

Our spacious 24-hour fitness center features state-of-the-art equipment, making it easier to reach your fitness goals.

## TREADMILL

Designed with aesthetics in mind and built to provide more functionality for all exercisers.

### Features:

- Flexdeck shock absorption system
- Room to run or walk with full motion



## POWERMILL CLIMBER

Provides a smooth-stepping motion ideal for exercisers who prefer slow climbs or those looking for one of the most challenging and intense cardio workouts. The large step space and anti toe-pinch design ensure secure footing during everything from high-intensity to moderate workouts.

### Features:

- 25 speeds allowing customized workouts
- Reliable AC motor ensures consistent motion



## ECHELON CONNECT SMART BIKE

Sleek design, competition-style bike features a 22" rotating screen. This connected bike removes barriers, transforms workouts and broadens horizons.

- Sleek design
- 22" rotating screen
- Live and on-demand classes
- Connect and compete with friends



## ELLIPTICAL CROSS-TRAINER

This Elliptical Cross-Trainer has been designed to offer a natural feeling motion for a wide range of exercisers.

### Features:

- Smooth and fluid motion and large area of knee clearance
- Versatile multi-grip handles



**ALSO INCLUDED IN OUR FITNESS CENTER:**



**GROUP TRAINING SYSTEM**

- Includes variety of free weights, bands, weighted balls, and other helpful fitness accessories



**CHEST PRESS**



**LEG PRESS**



**LAT PULL-DOWN & LOW ROW**

**GOLF & SPORTS SIMULATOR LOUNGE\***



**MEN'S AND WOMEN'S SAUNAS\***

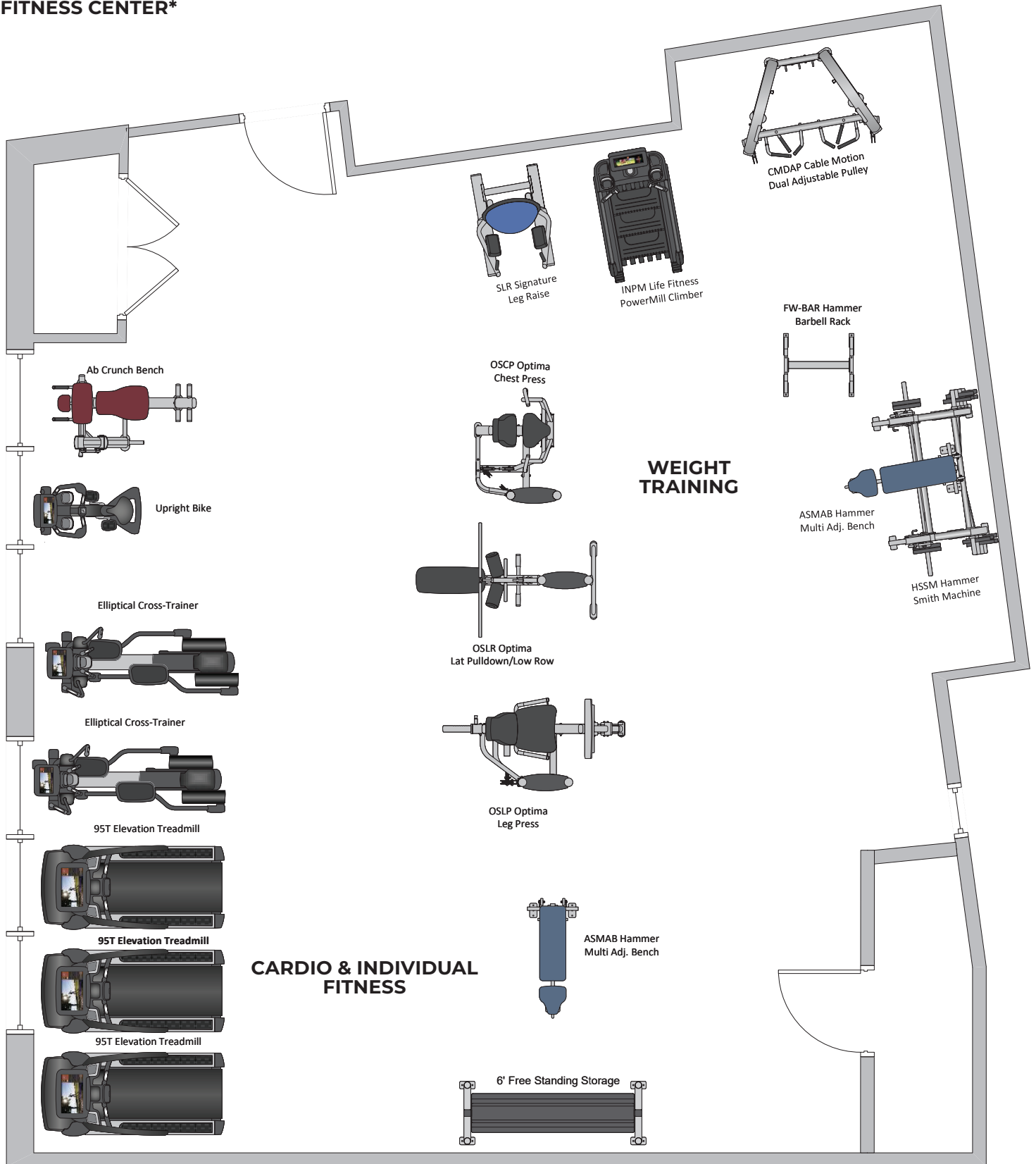


**FITNESS CENTER\***



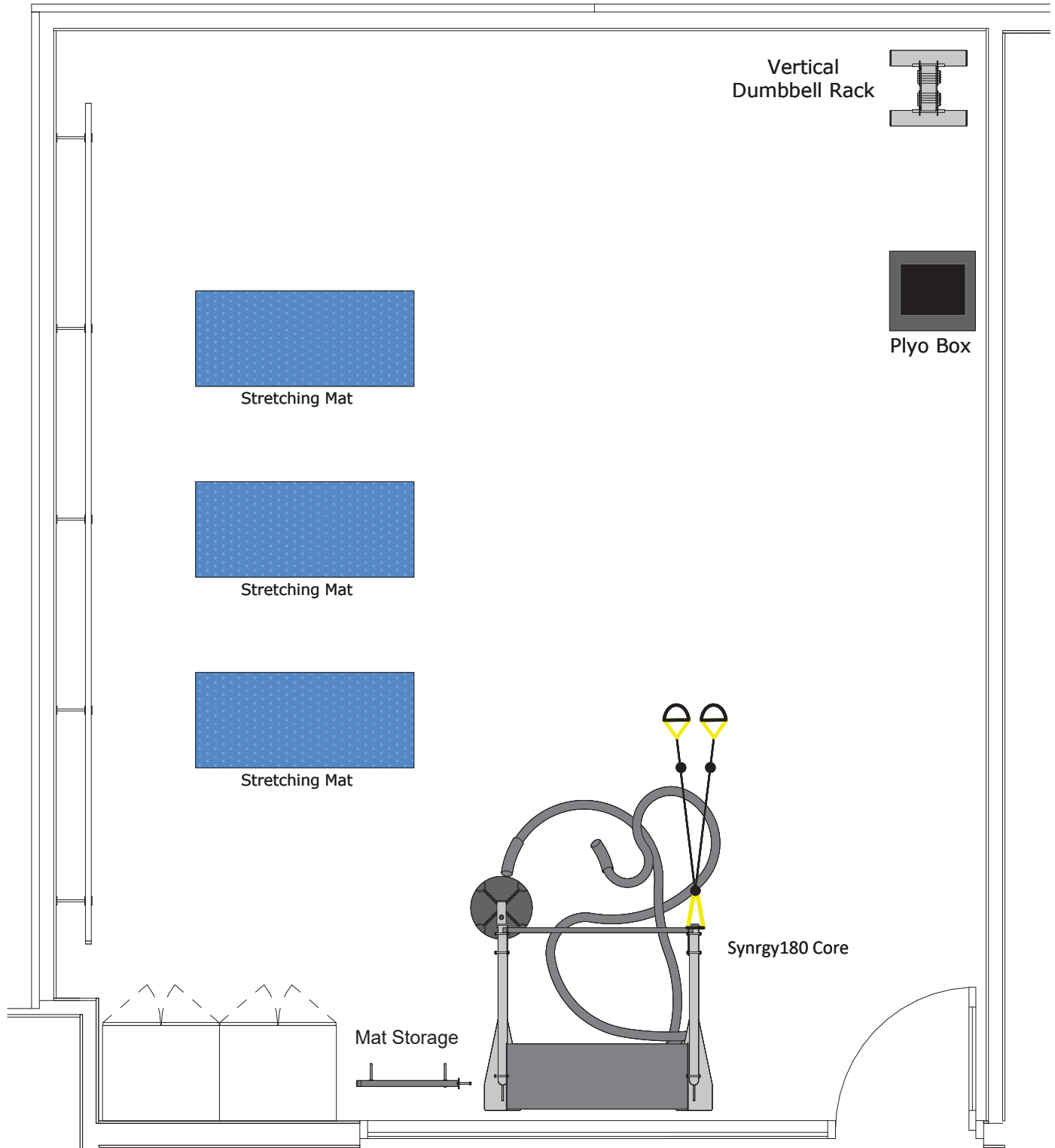
\*Simulated images

FITNESS CENTER\*



\*Additional equipment available.

YOGA STUDIO & FITNESS ON-DEMAND



\*Additional equipment available.