



THE EDGEWATER

**Get a great work out, even far from home.
Just because you're traveling doesn't mean you can't take care of you!**

The Edgewater's Fitness Center is available to guests 24 hours a day, offering a variety of cardiovascular machines as well as free weights-plus cold water and towel service with entertainment on a 30" large flat plasma screen. The fitness center offers a variety of Matrix Fitness Equipment. The MATRIX full line of professional cardio and strength equipment was designed to fit the human form and captivate the human eye.

The fitness center offers:

- * Treadmill
- * Recumbent Cycle
- * Elliptical Cross Trainer
- * Adjustable Utility Bench
- * Cable Cross Over
- * Pro Style Rack - 10 pair
- * Pro Style Dumbbells -10 pair
- * Exercise Mats
- * Weight Scale
- * Equipment Mat

