

COTTONWOOD CENTRE UNIT #430 - 45585 LUCKAKUCK WAY





TORQUE



Trevor Linden Fitness featuring She's FITI

Visit trevorlindenfitness.com to learn more

- She's FIT! (Women's only side within the club)
  - Precor Cardio with individual screens
- (Treadmills, Ellipticals, Steppers, Bikes & Recumbent Bikes plus more)
  - Precor Resolute Circuit
- Hoist Roc It Circuit
  - Hoist Roc It Plate Loaded Line
- Precor Free Weight Equipment
  - Torque Functional, Strength & Workout Sections on both sides of club
- Turf areas on both sides of club
  - Torque Tank Areas
- Personal Training Area
  - Private Showers & Changing Booths
- Large Locker Rooms
  - Club16 Retail Area
- Wellness Area, services include Red Light Therapy, Infrared Sauna, Hydro Massage & Tanning\*
  - Various Memberships available including Multi Usage option\*
    - \* Only available with Elite Plus membership