

# RESORT HEALTH CLUB EQUIPMENT

## Resort Fitness Center

### LIFE FITNESS MACHINES

- 10 Treadmills
- 3 Stair Climbers
- 2 Lifecycles
- 5 Elliptical Machines
- 2 Row Machines
- 2 Peleton Bikes
- Free Weights - Dumbbells
- Kettle Bells
- Weight Machines
- Pull Down Press Machine
- Chest Press Machine
- Seated Leg Press
- 1 Adjustable Weight Bench
- Ab/Leg Raise Machine
- Signature Series Dual Adjustable Cable Pulley
- Synrgy 360 (Punching Bag included)
- Fitness Balls
- Resistance Bands
- Floor Mats
- Balance Trainer

Complimentary with room key access.  
Open 24 hours.  
Fitness center usage is reserved for ages 16 and older.



**JW MARRIOTT**

SAN ANTONIO HILL COUNTRY

JW Marriott San Antonio Hill Country Resort & Spa  
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## Lantana Spa Fitness Center

### LIFE FITNESS MACHINES

- 5 Tread Mills
- 1 Incline Trainer (Summit Trainer)
- Free Weights - Dumbbells
- Weight Machines
- Pull Down
- Row/Rear Deltoid
- Seated Leg Press
- Shoulder Press
- Chest Press Machine
- Leg Extension
- Seated Leg Curl
- Ab Crunch Bench
- Weighted Medicine Balls
- Fitness Balls
- Resistance Bands
- Weight Bars
- Floor Mats

Complimentary with purchase of Resort fee.

