

RESORT HEALTH CLUB EQUIPMENT

Resort Fitness Center

LIFE FITNESS MACHINES

- 9 Tread mills
- 7 Stair climbers
- 3 Lifecycles
- 1 Incline Trainer (Summit Trainer)
- Free weights- Dumbbells
- Kettle bells
- Weight Machines
- Pull Down
- Row/Rear Deltoid
- Seated leg press
- Shoulder press
- Chest press
- Leg Extension
- Seated leg curl
- Ab Crunch bench
- Weighted medicine balls
- Fitness balls
- Resistance bands
- Weight bars
- Floor matts
- Assist Dip/ chin
- 3 adjustable weight benches
- 2 Row machines
- TRX center
- Balance trainer
- Hammer Strenght Legg Press
- Hammer Strenght ISO-Lateral High Row

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

Lantana Spa Fitness Center

LIFE FITNESS MACHINES

- 5 Tread mills
- 4 Stair climbers
- 3 Lifecycles
- 1 Incline Trainer (Summit Trainer)
- Free weights- Dumbbells
- Weight Machines
- Pull Down
- Row/Rear Deltoid
- Seated leg press
- Shoulder press
- Chest press
- Leg Extension
- Seated leg curl
- Ab Crunch bench
- Weighted medicine balls
- Fitness balls
- Resistance bands
- Weight bars
- Floor matts


\$15

Complimentary with purchase of Resort fee.

JW Marriott San Antonio Hill Country Resort & Spa

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SAN ANTONIO HILL COUNTRY