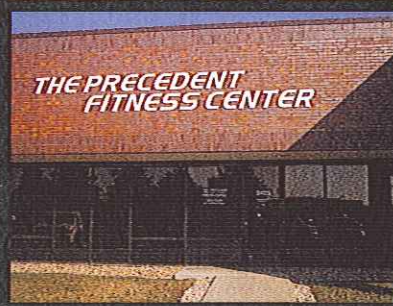


# The POP Fitness Center

**\*\*Exclusive to Precedent Office Park tenants\*\***

A spacious 6,000 square feet, the Precedent Office Park Fitness Center features a variety of equipment, an onsite fitness trainer, showers and lockers, Cardio Theater TV, and more—Everything you need to get fit!



**Enrollment Location**  
Park Management Office  
3685 Priority Way S Dr., Suite 130

**Annual Fee**  
\$50.00

**Fitness Center Location**  
9425 Delegates Row

**Hours of Operation**  
Mon-Fri: 5:30 am-8:30 pm  
Saturday: 8:00 am-8:00 pm  
Sunday: 8:00 am-8:00 pm

## Strength Training Equipment

Full Life Fitness  
Hammer Strength  
Free Weights  
Power Rack  
Dumbbells (5lb-100lb)  
Cable Crossover  
Precor Stretch Chair  
Stability Balls  
Resistance Bands

## Cardiovascular Equipment

Life Fitness Treadmills  
Recumbent Bikes  
Elliptical Machines  
Stair Stepper

## Personal Training Services

Fitness Design Studio  
Wayne Knight  
I.wayne.knight@gmail.com  
317-753-1553

Half Training (30 min) - \$35  
Partner Training (30 Min) - \$45  
**\*female trainers available**

To schedule a FREE  
Fitness Center orientation,  
call 317-753-1553 or  
Email: I.wayne.knight@gmail.com