

NEW 24HR SERVICES NOW AVAILABLE



2343 NEW HOLT RD
270.554.7222

Equipment Variety

- Precor Open Stride AMTs
- Ab Coasters
- Treadmills, Spin Bikes, Ellipticals & More
- Jacob's Ladder, StairMaster Stepmills & Versa Climber
- Spin Bikes, Upright & Recumbent Bikes
- Treadmills w/iPod Connections
- Full Strive 30 Minute Circuit
- Life Fitness Circuit

4,000 sqft Free Weight Area

- 3D Max Machine
- Iso Hammer Strength
- Plate-Loaded Machines
- Power Racks, Squat Racks / Benches
- 4 Sets of Dumbbell Racks (up to 125 lbs)
- Smith Machines

Battle Zone Equipment

- Rage Cages
- Heavy Bags & Speed Bags
- Slam Balls & Medicine Balls
- Ropes, TRX, Bosu & Kettlebells



Programs

- Free Battle Zone Cross Training
- Monthly Specialized Programs
- Boxing Bootcamps
- School Field Trips
- Weight Loss Challenges
- Corporate Wellness Programs
- Training For Warriors (TFW)
- Parisi Speed School
- Elite Athletic Training
- Football Training Camps

Free Classes

- BodyPump, Cardio Dance Blast, Cardio Step Interval, Cross Training, Flexible Strength, Insanity, Pop Pilates, Silver Sneakers, Spin Classes, Yoga Classes, Zumba & More

Personalized Services

- Grab & Go Meals
- Women's Only Studio
- Eco Sauna & Steam Room
- Metabolic Testing
- Locker Rooms w/Showers
- Member Seminars
- Kids Energy Zone for ages 6wks-7
- Kids Eneractive Game Zone for ages 8-13
- Closed Circuit Childcare Monitoring

STAFFED HOURS

Monday-Thursday 5am-10pm

Friday 5am-8pm

Saturday 7am-5pm

Sunday 7am-5pm

KIDS ZONE HOURS:

Monday - Friday 8:30-11:30am & 4:30-7:30pm

Saturday 9am-Noon

- Certified Trainers, Coaches & Instructors
- Advantage Savings Programs for Members
- Around the Clock Cleaning
- Email Motivational Support
- Monthly Friends & Family Promotions

www.energyfitnesspaducah.com • facebook.com/energyfitnesspaducah

