



FUNCTIONAL FITNESS · CARDIO · STRENGTH TRAINING · SUSPENSION ·
INTERACTIVE FITNESS · STORAGE SOLUTIONS · RECOVERY OPTIONS

***Your leading fitness equipment, flooring, and design resource,
bringing new custom solutions to clubs across the country***

- ❖ *Decades of experience with country/golf clubs*
- ❖ *Driving member fitness & recreation engagement*
- ❖ *Professional planning & design*
- ❖ *Customized equipment selection*
- ❖ *Technology integration*
- ❖ *Ergonomic and acoustic performance flooring*
- ❖ *Full service, installation, & maintenance*

KENT COLLINS

720.839.5770 kcollins@advancedexercise.com



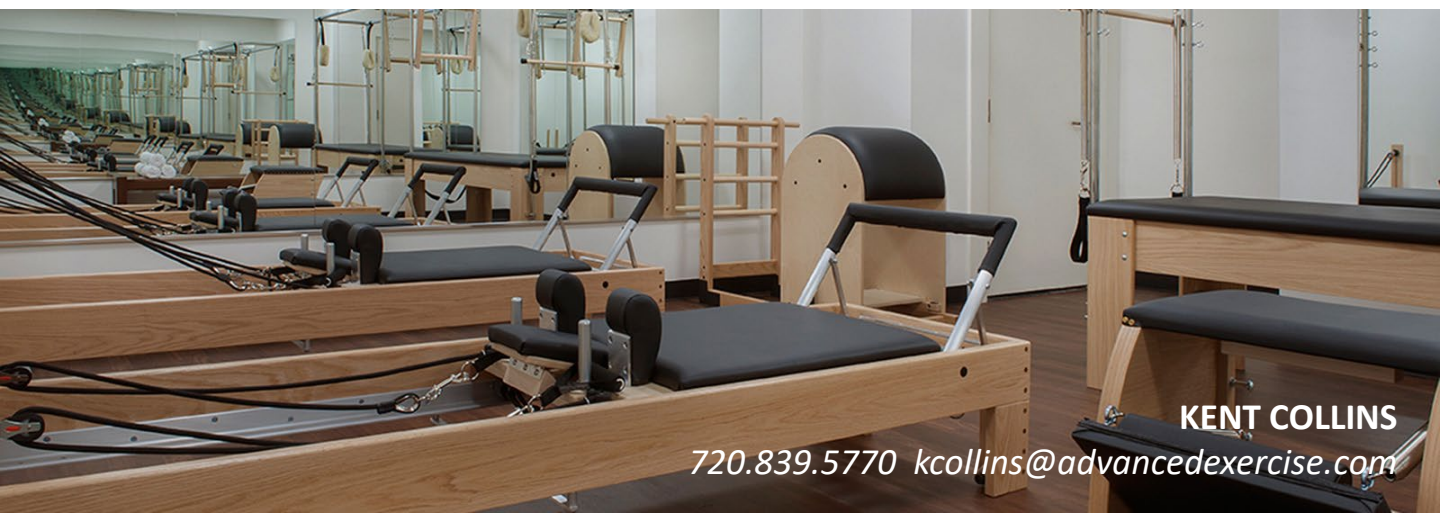
www.advancedexercise.com



From cardio and group fitness options, to Pilates and relaxation/recovery spaces, we can help you envision the fitness experience we're creating with you.



Custom 3D renderings of your fitness and wellness spaces help get members excited about what is to come, and how much they'll enjoy using the fitness amenities on-site.



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Outdoor fitness options are one of the hottest new trends for clubs in all climates – as these are key, all-weather options for training and recreation that can fit in unused or under-utilized green spaces.

Small spaces or large, indoors or outdoors, Advanced Exercise is the premier resource for clubs looking to expand their health, fitness & wellness options.



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 **advanced**
exercise



Offering the full spectrum of fitness, from heart-pumping cardio training to yoga and stretching classes, clubs are rejuvenating their members and keeping them engaged year-round.

Popular recreation and relaxation benefits go beyond traditional fitness and exercise options to include massage chairs, golf simulators, and even cryotherapy units.

Advanced Exercise designs and equips fitness and wellness spaces of all types – creating customized and compelling experiences that keep members coming back for more.





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