Duke Fitness Club Gym Amenities

	Wilson Rec Center	Brodie Rec Center	DHFC	Peak	YMCA	Fitness World	Millennium Sports Club	Southwind	New Millennium	Total Fitness	Triangle Sportsplex	Bodyworx
Personal Training	x	x					x		x	x		
Group Exercise	x	x	x	x	x	x		x	x		x	x
Pool	x	x	x		x		x	x			x	
Full Court Basketball	x	x			x				x (1/2)			
Indoor Track	x	x	x	x	x							
Mind/Body Classes			x		x	x						
Childcare for Members					x	x	x				x	x
Whirl pool					x							
Saunas					x	x	x		x (dry)			
Hot Tub							x	x				
Steam Room					x	x	x					
Swim Lessons					x		x				x	
Youth summer camps					x							
Youth Sports Leagues					x							
Youth Clubs					x							
Smoothie Bar									x	x		
Hammer Strength						x						
Aqua Aerobics					x			x				
Circuit Training						x		x				
Cardio Equipment	x	x	x	x	x	x	x	x	x	x	x	x
Weight Machines	x	x	x	x	x		x	x	x	x	x	x
Free Weights	x	x	x	x	x	x	x	x	x	x	x	x
Ice Skating/Lessons											x	
After school program					x						x	
Massage Therapy					x							x
Karate Classes												x
Fitness Assessments	x				x	x						
On-site professional staff w/ health related degrees and certifications			x									
LIVE FOR LIFE on-site physiologists to provide fitness consultations, equipment orientations and assistance	x											