



ABOUT OUR FITNESS CENTER:

We pride ourselves on offering a state-of-the-art facility, and we're happy that our community members are able to reap the benefits of this facility.

The new two-level athletic center is more than 12,000 square feet and includes a new weight training room, cardio training space, a yoga/dance/aerobic studio, wrestling/fitness room, and a fitness corridor for upper body strength training and virtual training.



***SCAN THE QR
TO DOWNLOAD
OUR APP***



WELCOME TO THE
PPLAINEDGE
FITNESS CENTER

FITNESS CENTER "CLASS" OFFERINGS:

- ***CARDIO & STRENGTH***

Cardio/Strength Training: this gym session combines the best of both worlds - cardio to boost your heart rate and burn calories, and strength training to build muscle and improve endurance. This class allows access to our cardio equipment: Treadmills, Stationary Bicycles, Stairmasters, Rowing Machines and Ellipticals, as well as our strength training circuit.*

- ***ECHELON INTERACTIVE
MIRROR***

Echelon Mirrors will allow you to select a workout from a library of offerings. Fitness metrics like heart rate, calories burned, and workout progress will be tracked during your session. The interactive mirror incorporates a touchscreen display that allows users to interact directly with the interface.*



***241 WYNGATE DRIVE
NO. MASSAPEQUA, NY 11758***

Once you are approved for your membership, you will be able to book "classes". Classes are 50 minute reservations in our Fitness Center that will allow you to work out with the Echelon Mirrors, Cardio Equipment, and strength training machines!

SCAN THE QR TO BECOME A MEMBER!



QUESTIONS?

***EMAIL:
FITNESS.CENTER@PLAINEDGESCHOOLS.ORG***

****REMEMBER TO BRING YOUR OWN
BLUETOOTH HEADPHONES TO FULLY
ENJOY THIS WORKOUT OPTION.***