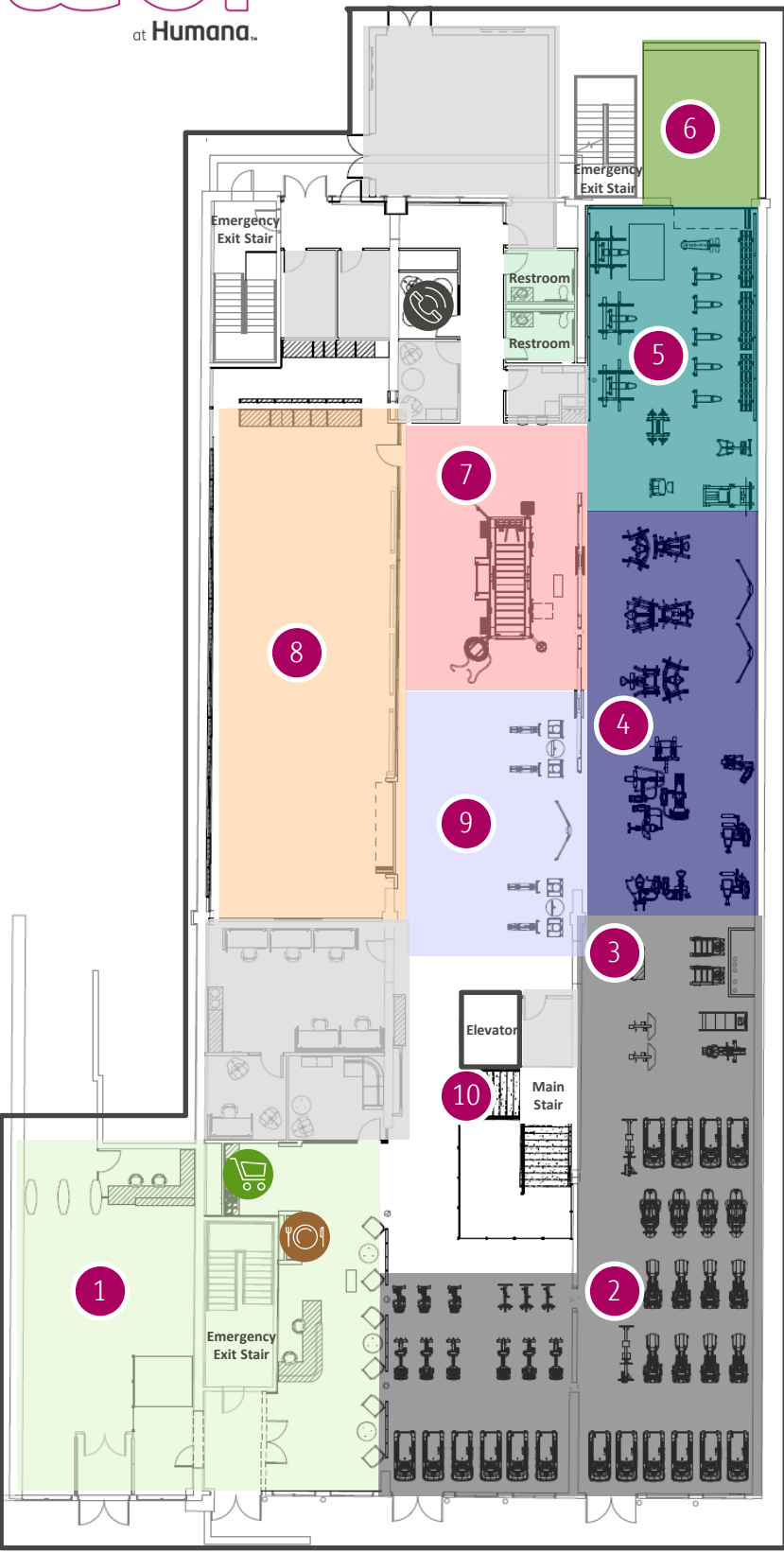


UPPER LEVEL

Destinations



- 1 **Main Lobby | Welcome Lobby**
It's more than a fitness center - it's a well-being destination. Scan your membership card to start your journey
- 2 **Cardio Area**
Features approximately 48 pieces of cardio equipment including Precor, Woodway, Stairclimber, Keiser, and Concept rower
- 3 **Help Desk**
Our Fitness Coaches are certified and degreed trainers ready to help you when you need it
- 4 **Weight Resistance Training**
Features a variety of Precor circuit training equipment
- 5 **Free Weight Area**
Features free weight selection suitable for beginners to advanced exercise enthusiasts
- 6 **Outdoor Workout Space**
Add a change of scenery to your workout in this inviting outdoor space
- 7 **Queenax**
Features a unique functional and suspension training system. Queenax functional training units multiply the training space and can be reconfigured for more types of functional training than any other unit
- 8 **Upper Group Exercise Room**
Large group fitness room to accommodate several class types offered at Wel at Humana
- 9 **EXOS Circuit**
EXOS Circuit programming delivers complete workouts or single exercises, meeting members where they are on their fitness journey
- 10 **Interactive Stairs**
Interactive sign senses activity and changes brightness and color throughout the day

Amenities

-  Phone Room
-  Fuel Well Station
-  Retail Shop

LOWER LEVEL

Destinations

- 11 Recovery Room**
Features NormaTec systems and patented PULSE technology designed for recovery and rehab
- 12 Cycle Room**
Spivi® tracks real-time performance, displays a leaderboard and other views focused on power, cadence or heart rate. Virtual rides included
- 13 Game Area**
Will feature things like Foosball, Air Hockey, basketball game, Corn Hole, and Ping Pong
- 14 Locker Rooms | Restrooms**
Features more than 1,300 lockers, towel service, toiletries, hair dryers, sauna and steam room
- 15 Meditation | Massage Rooms**
Massage room features private space for massage therapy services and Meditation room features three semiprivate areas to allow you space and time to seek inner calm and clarity
- 16 Lower Group Exercise Room**
Large group fitness room to accommodate several types of classes offered at Wel at Humana

Amenities

-  **Steam Room**
-  **Sauna**
-  **Changing Room**

