

New Weight Room FAQ

Central YMCA

- **Is the weight room complete?**

- No, we are still waiting on a few things:

- ♣ NEW ITEMS:

- Hoist Leg Press
 - Hammer Strength Power Rack
 - Matrix Fixed Dumbbell set
 - Rack for Medicine Balls
 - Bumper Plates for deadlifts
 - An additional set of safety arms

- ♣ Being Refurbished:

- Precher Curl
 - Captain's Chair
 - Curl Bar and a few other member favorite's

- **There are some new things that I'm not sure how to use. How can I learn more about these pieces? Absolutely!**

- We will have trainers doing orientations periodically.
 - You can reach out to Lynn or stop by the desk in the Wellness Center and we can connect you with a Personal Trainer who will help you.
 - WHAT'S TO COME: We are working on getting a QR code that will give a link for the Belt Squat and some other newly added equipment.

- **There are some things in the old weight room that I'm not seeing in the new one. Where are they?**

- Some items did not fit into the new space appropriately and were replaced with new state-of-the-art equipment.
 - We did our best to select the highest-quality and most versatile equipment possible within the space available. While we know there are certain pieces—like the seated calf raise—that would have been nice to include, we simply didn't have room to keep everything. The equipment we chose offers multifunctional use and can accommodate a wide range of members' needs.
 - A few pieces were officially retired due to the amount of use over the years and simply needed to be scrapped.

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