

What is the enhancement fee and why do we need it?

An enhancement fee is an additional charge two times a year that we set aside for repairs and maintenance and additional equipment for the club. Health Clubs use this fee to keep the club up to date and so that we have the funds to meet the fitness needs of our members.

Southside Health & Fitness began charging enhancement fees in May of 2016. To assure you that we are using these funds in the best way possible, we will be keeping an up to date timeline here of all the new equipment we purchase and any updates to the gym.

COMING SOON

Please Provide your Suggestions for additional equipment in the Suggestion box at the club!

December 2016

Hammer Strength Lying Leg Curl

The Plated-Loaded Iso-Lateral Leg Curl was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. And the divergent angle between hip and chest pads helps reduce lower-back tension.



November 2016

Fitness on Demand

Fitness on Demand gives you 24/7 access to the top trainers and classes on your time. Just pick a class and go. You can choose from an expansive library of group fitness classes featuring top-notch trainers from every training discipline.



September 2016

Glute Extension

The Hammer Strength Glute is the ideal machine for targeting your glute muscles. This machine has a linear design to maximize full range of motion allowing it to better stimulate your muscles. This model also comes with an adjustable torso pad that accommodates users of all sizes.



September 2016

Hammer Strength Military Press

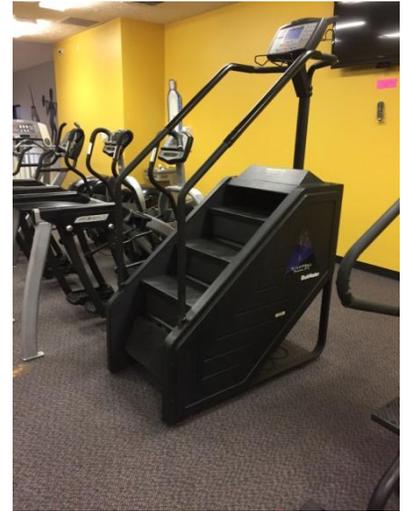
The Olympic Military Bench offers an Olympic style military bench press with the same high-grade durability and quality that comes with Hammer Strength benches and racks.



September 2016

Stairmaster Stepmill

The stair master stepmill uses a revolving staircase which can vary in speed enabling the machine to simulate walking or running up a flight of stairs. Each step is a full 8-Inch high which gives a complete stair climbing reality of motion.



August 2016

Hammer Strength Low Row

The Plate-Loaded Iso-Lateral Low Row was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. It provides a unique path of motion that contrasts with the decline press.



August 2016

Hoist Rear Delt / Pec Fly

The Hoist Pec Fly/Rear Delt is a fundamental part of the strength training progression. It incorporates both pectoral and deltoid exercises while still offering pivoting arms and optimized handle placement to eliminate adjusting between exercises. The sleek design is inviting to exercisers of all fitness levels and abilities.



August 2016

Cybox 45 Degree Back Extension

All movement originates from the core, which is why it is especially important to develop, stretch, and protect the muscles within. One of most popular muscles to face overuse via improper training and underutilization due to a lack of proper training is the lower back. The Cybox 45 Degree Back Extension ensures an intense and effective lower back workout to help you strengthen this vital muscle.



July 2016

Hammer Strength Lateral Bench Press

The Plate-Loaded Iso-Lateral Bench Press features separate weight horns that provide independent diverging and converging motions for equal strength development. Vertical and horizontal grip options replicate traditional bench presses or athletic movements.



July 2016

Hammer Strength Lateral Shoulder Press

The Plate-Loaded Iso-Lateral Shoulder Press was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. The back pad is angled 40 degrees for stabilization and to eliminate hyperextension of the spine.



July 2016

Hammer Strength Lateral Wide Chest

The Plate-Loaded Iso-Lateral Wide Chest was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. This machine offers a higher degree of converging motion than the decline press and accommodates larger exercisers.

