

Los Angeles Mission College Sylmar, CA



Location: Sylmar, CA

Commercial Consultant: Rick Moser

Equipment Overview:

- * Life Fitness Elevation Series Inspire Cardio
- * WaterRower Indoor Rowers
- * SciFit Upper Body & Total Body Cycles
- * Life Fitness Pro2SE Machines
- * Life Fitness Signature Series Machines
- * Life Fitness 8 Stack Multi-Jungle
- * Life Fitness Cable Motion Dual Adjustable Pulley
- * Hammer Strength Power Rack with Adjustable Bench
- * Hammer Strength Hack Squat & Linear Leg Press

- * Calf Raise, Smith Machine, Iso Incline, Shoulder, High Row, Low Row
- * (3) Body Weight Stations
- * Preacher Curl
- * Olympic Bench
- * Incline & Shoulder Press
- * Dumbbells with Benches

Facility Bio: Los Angeles Community College District is the largest community college district in the nation with 9 campuses. In early 2010, Mission College opened a new Health Sciences and Physical Education facility which included a new Fitness and Strength Training Center.