



CLIENT SHOWCASE

ARMY NAVY COUNTRY CLUB

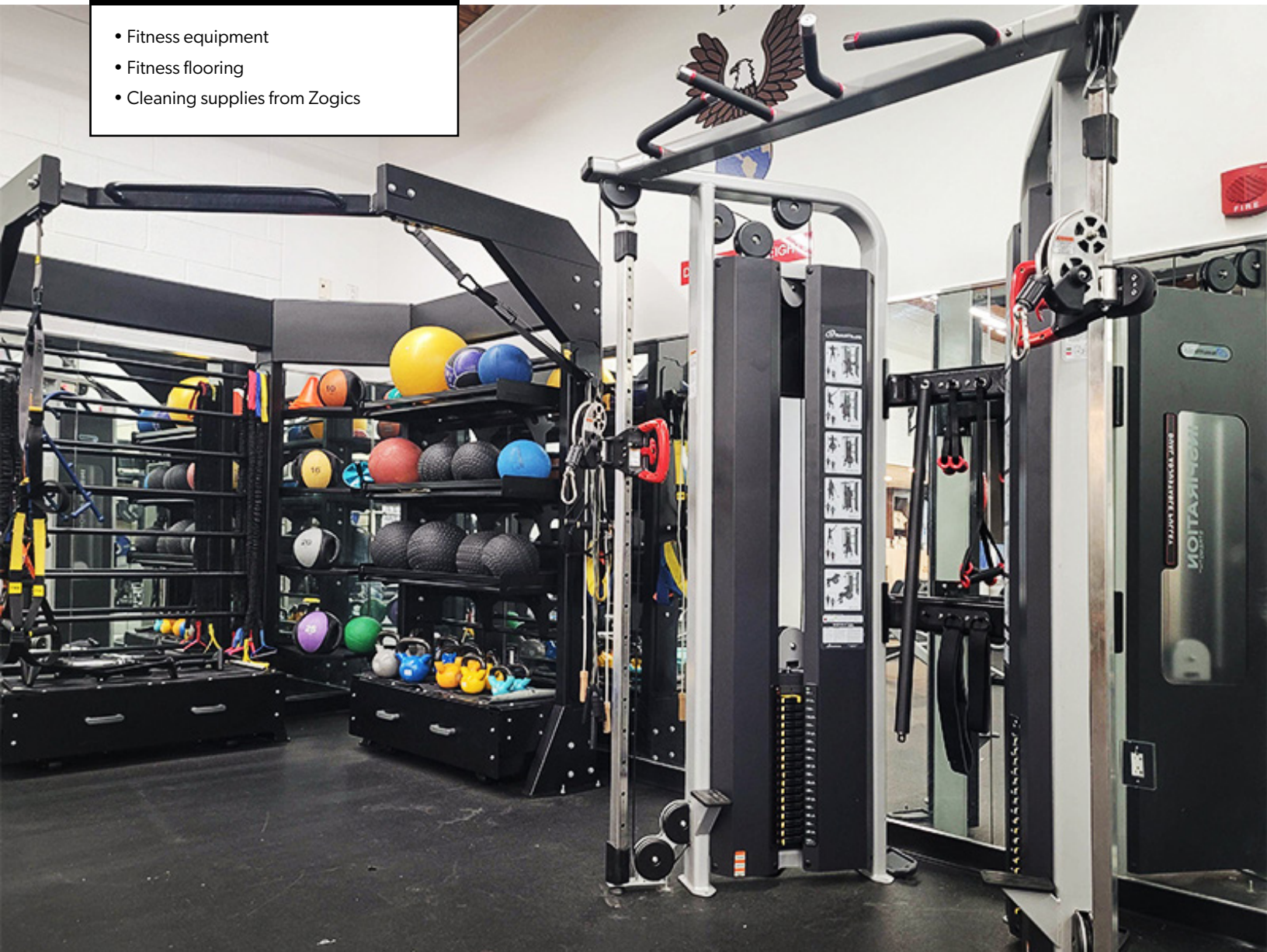
Arlington, VA

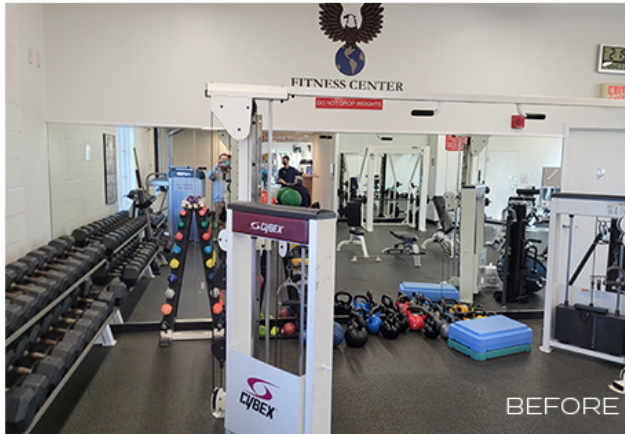
The Army Navy Country Club's fitness center had not been updated in over 20 years. Looking to replace their dated and worn equipment, they enlisted the help of Ardent Fitness. Both Army Navy Country Club and Ardent Fitness approached this as an opportunity to upgrade every piece of cardio equipment and transform their former "strength" room into a functional training room.

Ardent Fitness listened to the client's needs and wants, providing options and guidance throughout the whole process. The end result? A more functional space overall, with a better flow, and as an added bonus for the Army Navy Country Club, the boost they needed to attract a younger demographic to their membership.

SERVICES PROVIDED BY ARDENT FITNESS:

- Fitness equipment
- Fitness flooring
- Cleaning supplies from Zogics





BEFORE



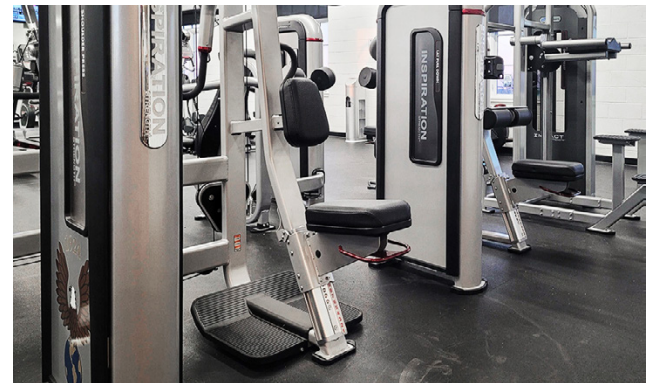
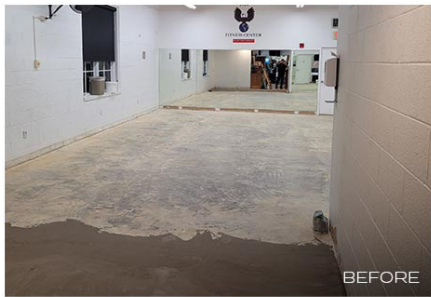
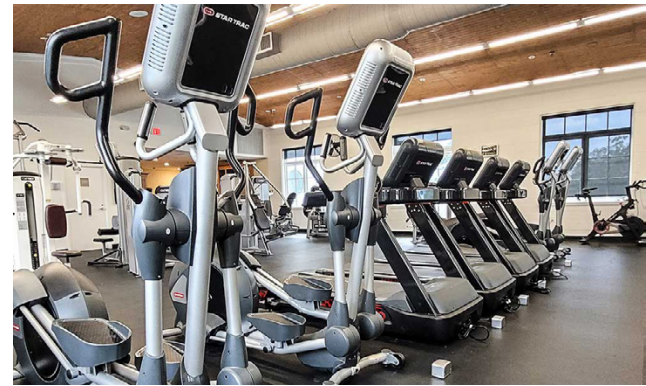
AFTER

"Ardent is by far one of the best equipment companies that I've had the chance to work with in my 28 years in the fitness industry.

One quality that I appreciated was how patient they were throughout the process. There was never a time I didn't think I could not ask the important questions and/or request multiple quotes. I appreciated the fact that they allowed the flexibility of *what if* scenarios. This was important since I had no idea what the final budget would look like.

I could not have asked for a better partner to create a beautiful space with."

— Jay Guillory, Assistant General Manager/Director of Fitness and Wellness, Army Navy Country Club





“Our members absolutely LOVE it!”

“The equipment was dated and wasn’t in the best condition. This update provided us an opportunity to upgrade every piece of cardio equipment and transform our strength room into a functional training room.” – **Jay Guillory**, Army Navy Country Club



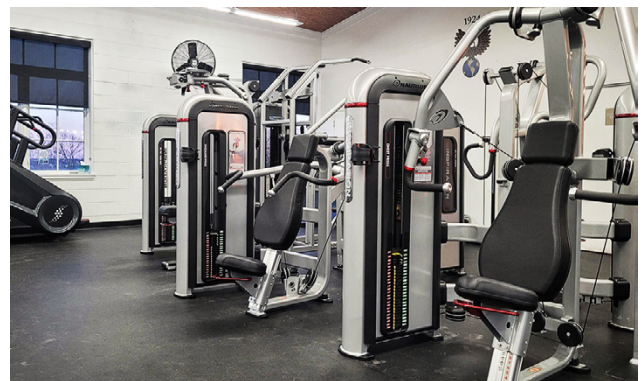
From Strength to Functional Training

A TRX Studio Line Corner Rig with accessories and suspension training plus Cybex equipment, kettlebells, and more provide options for a wide range of full body strength training & functional workouts.



Custom Strength & Suspension Rigs

Featuring TRX Studio Line Strength Bays, Suspension Bays, and a Corner Bay, bumper plates, weights, Hoist Fitness benches, and additional accessories.



“Ardent Fitness completely changed our fitness and wellness space.”

“They made it more functional, created a better flow, and basically gave us the boost we needed to attract a younger demographic of our membership.” – **Jay Guillory**, Army Navy Country Club



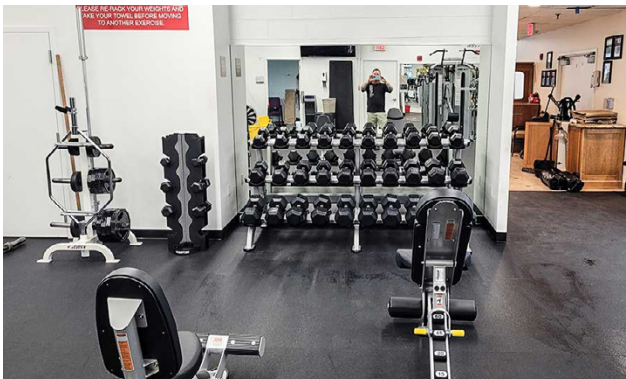
Custom Logo Branded Equipment

Nautilus strength equipment shrouds were branded with the Army Navy logo and hand-picked finishes for the equipment frames and upholstery. Our ability to custom brand equipment transforms your gym into a comprehensive brand ambassador that makes a lasting impression on your members.



Comprehensive Cardio Training

The Army Navy Fitness Center cardio space includes treadmills, ellipticals, upright bikes, recumbent bikes, rowers, and climbers from best-in-class brands Star Trac, Stairmaster, Cybex, and Octane. All cardio units are equipped with LED screens.



Free Weights & Storage

Featuring a Nautilus 3-Tier Dumbbell Rack and Hoist Fitness utility & incline benches.



Ecore Fitness Flooring

8mm rolled rubber flooring from Ecore provides a durable surface for all training activities and workouts throughout the fitness center.

EQUIPMENT PROVIDED



STAR TRAC
10TRX Freerunner Treadmill



STAR TRAC
8 Series Rear Drive Elliptical



STAR TRAC
8UB Upright Bike



STAR TRAC
8RB Recumbent Bike



STAIRMASTER
10G Climber



STAIRMASTER
HIIT Rower



TRX
Studio Line Suspension Bays



TRX
Studio Line Strength Bay



TRX
Studio Line Corner Bay



HOIST FITNESS
Flat/Incline/Decline Bench



HOIST FITNESS
Utility Bench

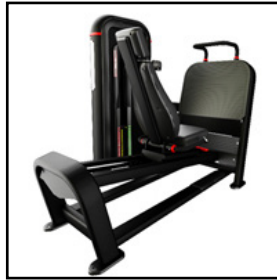


NAUTILUS
Inspiration® Dual Adjustable
Pulley

EQUIPMENT PROVIDED



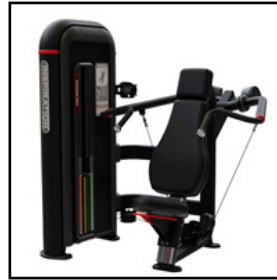
NAUTILUS
Inspiration® Chest Press



NAUTILUS
Inspiration® Leg Press



NAUTILUS
Inspiration® Leg Curl



NAUTILUS
Inspiration® Shoulder Press



NAUTILUS
Inspiration® Pec Fly/Rear
Deltoid



NAUTILUS
Inspiration® Lat Pull Down



NAUTILUS
Inspiration® Abduction/
Adduction



NAUTILUS
Impact® Chin Dip Assist



NAUTILUS
3-Tier Dumbbell Rack



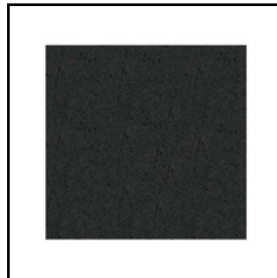
CYBEX
Flat/Incline/Decline Bench



OCTANE
ADX Bike



TRX
Kevlar Urethane Bumper Plates



ECORE
Basic Fit Rolled Rubber
Flooring, 8mm



ZOGICS
The Cleaning Station



ZOGICS
Antibacterial Disinfecting
Wipes

CREATE YOUR FITNESS SPACE

Whether you're a fitness center like the Army Navy Country Club or setting up a home workout area, Ardent Fitness can work with you every step of the way, from space planning and design to equipment selection, financing, installation, and service.



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