



CLIENT SHOWCASE

HERITAGE SHORES

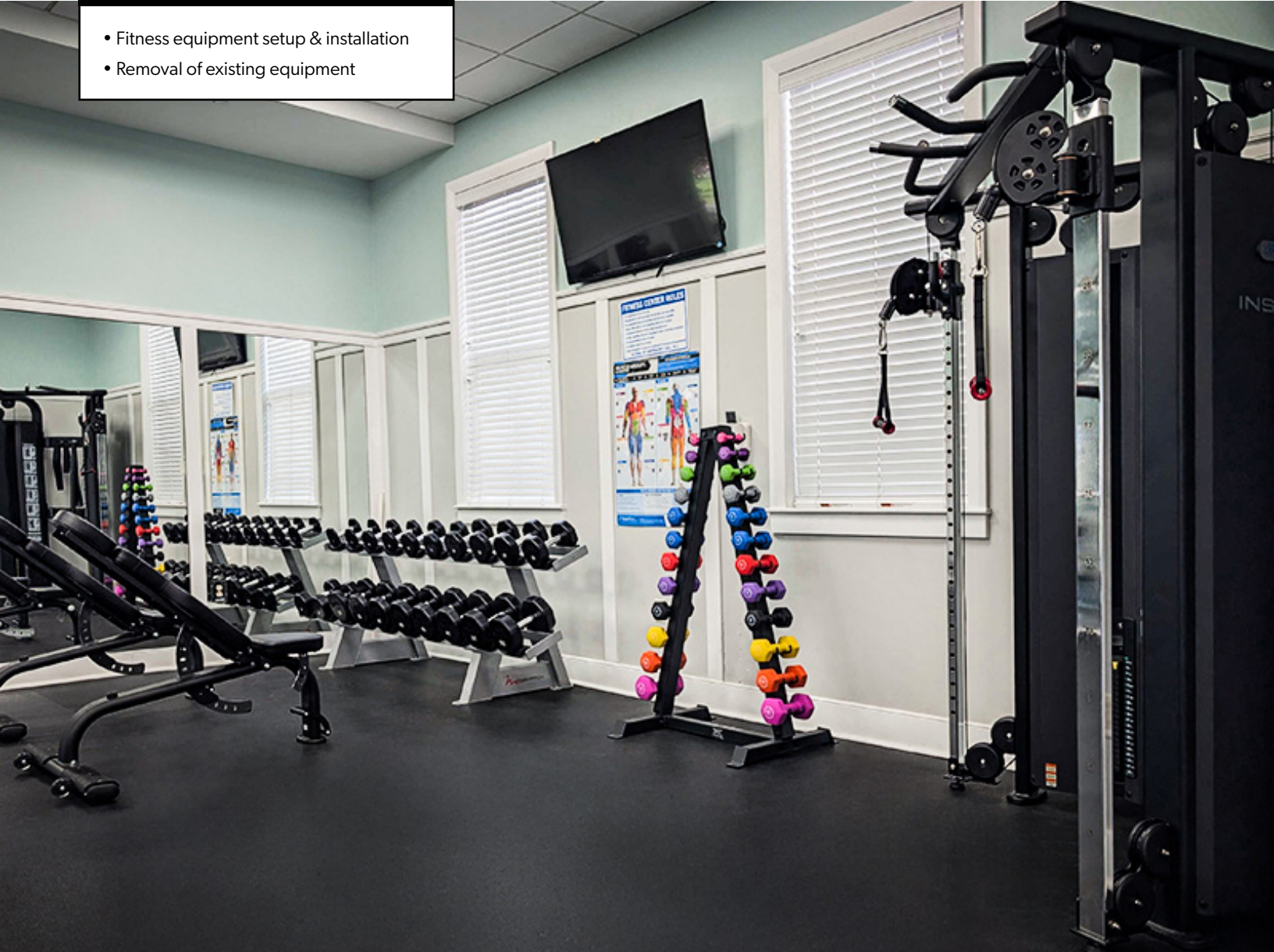
Bridgeville, DE

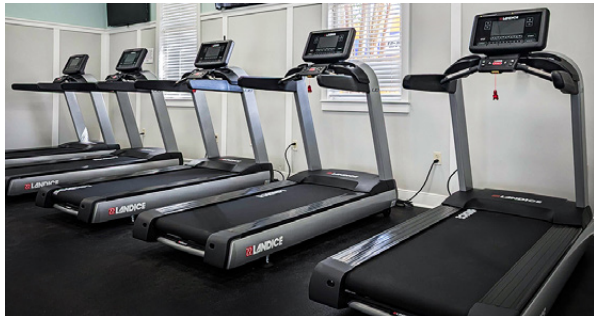
Heritage Shores, a vibrant 55+ community in Delaware, partnered with Ardent Fitness to refresh and reconfigure their on-site fitness center. The goal? Create a welcoming, modern space that supports a wide range of wellness goals for their active adult residents.

We delivered and installed a full lineup of commercial-grade cardio and strength equipment, reworked the layout for better flow, and provided preventive maintenance to keep everything running smoothly year-round.

SERVICES PROVIDED BY ARDENT FITNESS:

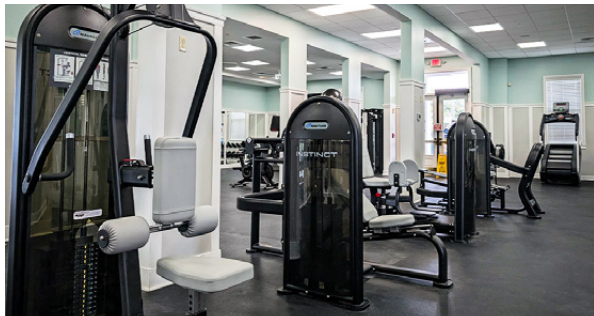
- Fitness equipment setup & installation
- Removal of existing equipment





Premium Cardio for Active Living

Five Landice L10 Club Treadmills offer smooth, reliable cardio workouts with advanced features and extended warranties—ideal for high-traffic fitness spaces.



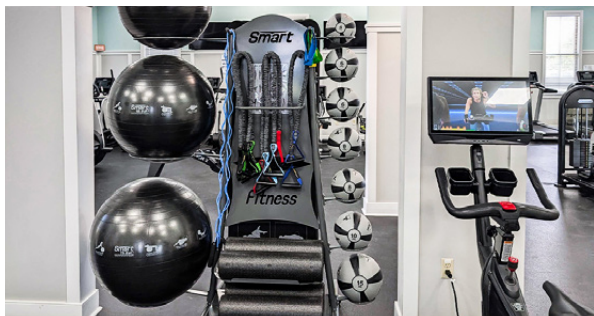
Strength Made Simple

A full lineup of Nautilus Instinct dual-function strength machines supports accessible and intuitive resistance training for residents at any fitness level.



A Well-Rounded Strength Zone

Neoprene and rubber dumbbells, benches, and a self-guided training station give members plenty of options for strength training and functional movement.



Accessory-Ready, Anytime

A well-equipped training zone featuring medicine balls, stability balls, resistance bands, and foam rollers keeps workouts engaging and well-rounded.



Multiple Modalities. One Purpose.

Ellipticals, recumbent bikes, a stair trainer, and a rower provide cardio variety in a refreshed layout designed for comfort, performance, and ease of use.

EQUIPMENT PROVIDED



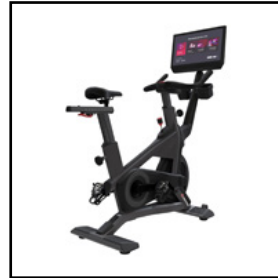
LANDICE
L10 Club Treadmill
Landice Achieve



LANDICE
E9-90 Elliptical
Landice Achieve



LANDICE
R9-90 Recumbent Bike
Landice Achieve



STAR TRAC
Virtual Bike



NAUTILUS
Instinct® Dual Adjustable Pulley



NAUTILUS
Instinct® Dual Leg Extension /
Leg Curl



NAUTILUS
Instinct® Dual Inner / Outer
Thigh



NAUTILUS
Instinct® Dual Lat Pulldown /
Low Row



NAUTILUS
Instinct® Dual Multi-Press



TKO
Signature Multi-Ab /
Decline Bench



TKO
FID Bench



PRISM FITNESS
Studio Deluxe Self-Guided
Commercial Package



BODY SOLID
Neoprene Dumbbell Set,
1-10lbs



BODY SOLID
Vertical Vinyl Dumbbell Rack



EDGE SPORT
Wood Mat Table

CREATE YOUR FITNESS SPACE

From community-living fitness spaces like Heritage Shores to larger fitness facilities at major universities or multi-family housing, as well as luxury home fitness spaces, Ardent Fitness is here to help with the entire process, from space planning and design to fitness equipment selection, delivery, installation, and service.



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