



MARK CENTER

## CLIENT SHOWCASE

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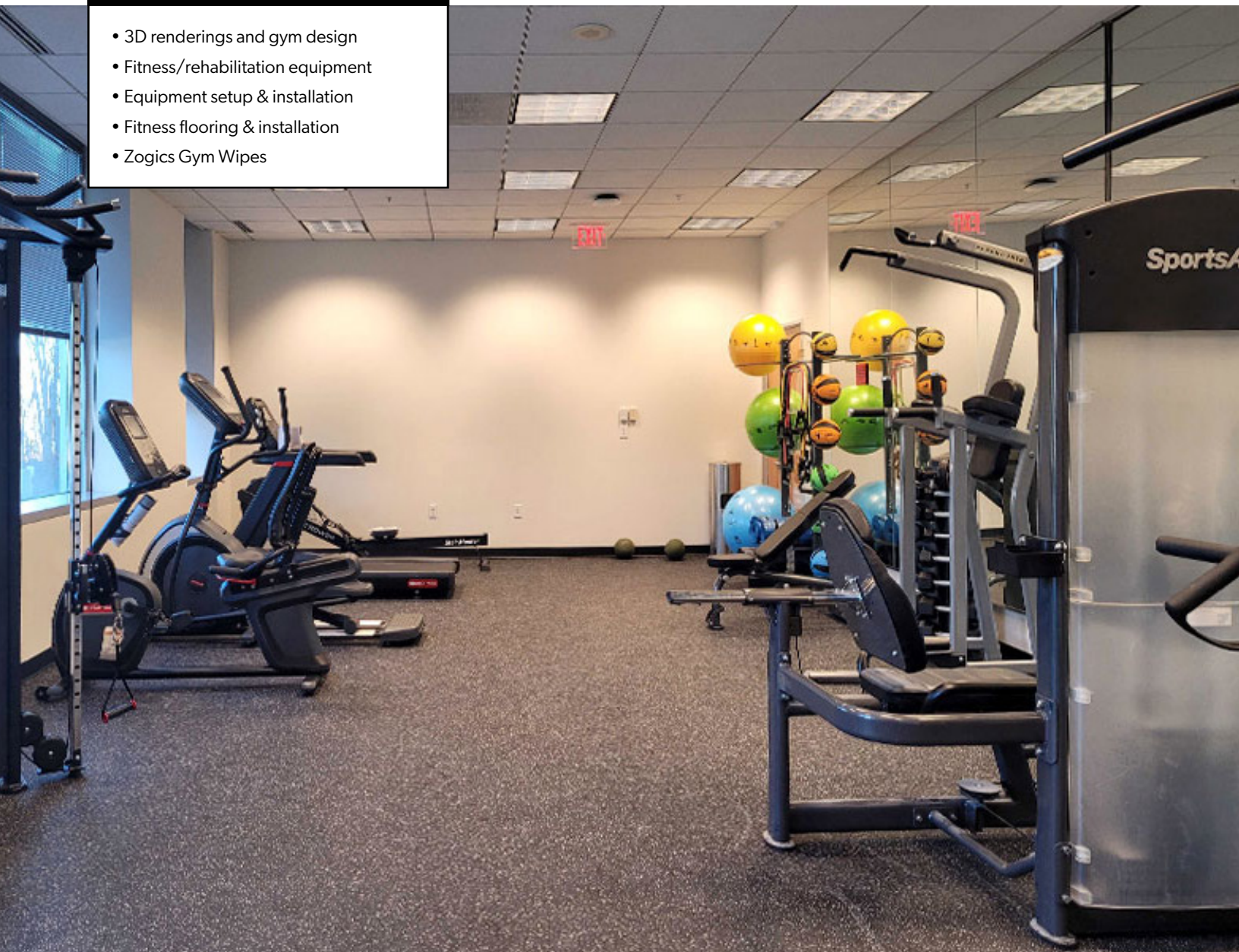
Alexandria, VA

#### SERVICES PROVIDED BY ARDENT FITNESS:

- 3D renderings and gym design
- Fitness/rehabilitation equipment
- Equipment setup & installation
- Fitness flooring & installation
- Zogics Gym Wipes

The City of Alexandria's Class A offices are located at The Mark Center, known for being the premier community to work, live, stay, and play in the Washington DC region. They selected Ardent Fitness to make significant upgrades to its employee gym facilities.

Ardent Fitness created a space that not only aligns with the center's prestigious status but also promotes a healthy and active lifestyle for the City of Alexandria's employees. The transformation resulted in a facility where employees can enjoy a comprehensive range of fitness options. The center boasts the latest in connected cardio machines, diverse strength training equipment, and a variety of wellness-focused amenities.





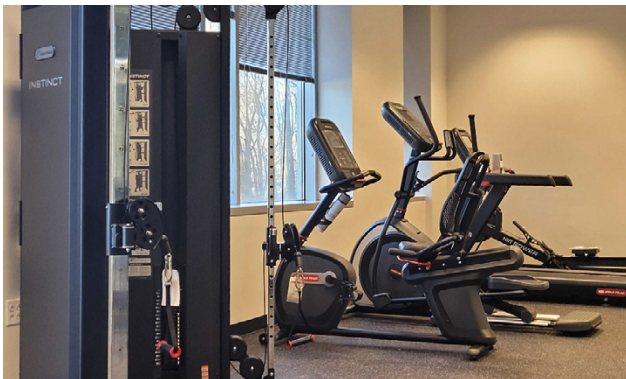
## Foundational & Functional: Ecore Rolled Rubber Flooring

Perfect for an employee gym that will see a lot of foot traffic, this durable surface sets the standard for performance, quality, and affordability, and will stand up to consistent daily pounding.



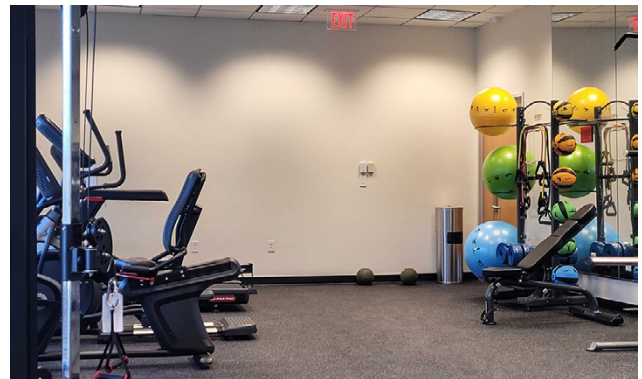
## The Right Mix of Cardio and Strength Training

Carefully chosen to maximize the space, employees can enjoy a range of connected cardio machines and selectorized strength equipment for a truly functional fitness experience.



## A Complete Circuit in A Small Footprint

Ardent Fitness provided a variety of cardio and strength equipment from well-known brands like Star Trac, Stairmaster, and Nautilus.

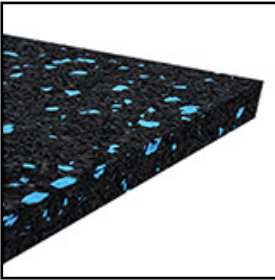


## A Layout That Incorporates Movement

Ardent Fitness designed the space to allow for plenty of room for City of Alexandria employees to freely use the equipment on the Prism Smart Deluxe Self-Guided Commercial Package.



## EQUIPMENT PROVIDED



**ECORE**  
Basic Fit Roll Rubber Flooring



**STAR TRAC**  
4TR Treadmill



**STAR TRAC**  
4CT Cross Trainer



**STAR TRAC**  
4RB Recumbent Bike



**STAIRMASTER**  
HIIT ROWER



**NAUTILUS**  
Instinct® Dual Adjustable  
Pulley



**PRISM FITNESS**  
Smart Deluxe Self-Guided  
Commercial Package



**TKO**  
8 Pair Vertical Dumbbell Rack



**TKO**  
TRI Grip® Hex Dumbbell



**TKO**  
FID Bench



**SPORTSART INC.**  
DF-303 Lat Pulldown/Mid Row



**SPORTSART INC.**  
DF-301 Leg Press/  
Calf Extension



**ZOGICS**  
Upward Pull Wall Mounted  
Wipe Dispenser



**ZOGICS**  
Antibacterial Disinfecting  
Gym Wipes

## CREATE YOUR FITNESS SPACE

From municipalities like The City of Alexandria to larger fitness facilities at major universities or country clubs, as well as curated 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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