



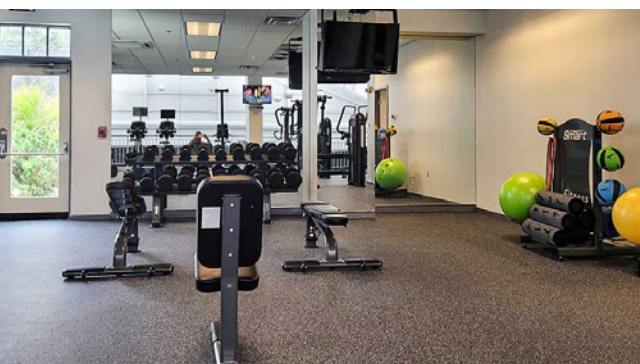
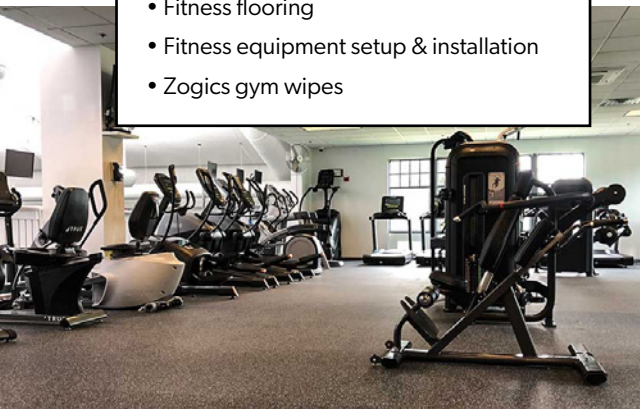
CLIENT SHOWCASE

BELLE HAVEN COUNTRY CLUB

Alexandria, VA

SERVICES PROVIDED BY ARDENT FITNESS:

- Fitness equipment
- Fitness flooring
- Fitness equipment setup & installation
- Zogics gym wipes



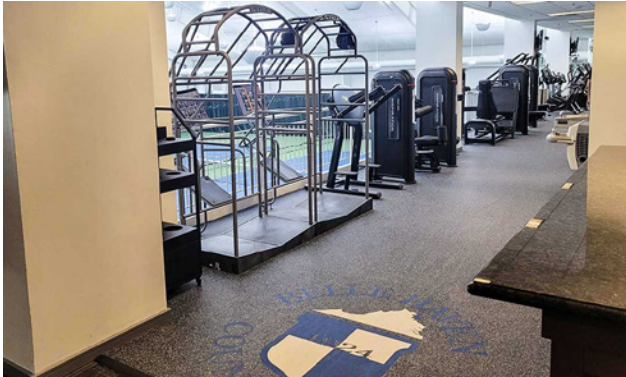
What began as a modest 9-hole golf course and clubhouse along the Potomac River in 1924 has grown into a private, full-service country club boasting a 2500+sf Athletic Facility, which houses a complete, professionally managed fitness center for Belle Haven Country Club's members and guests. Recognizing the importance of continuous improvement and aiming to elevate the member experience, Belle Haven Country Club sought the expertise of Ardent Fitness. Their mission? A comprehensive transformation of the Athletic Facility.

The renovation was extensive. Almost every piece of equipment was either upgraded or replaced to ensure state-of-the-art fitness solutions for its users. Along with equipment from Nautilus, Life Fitness, TRX, TKO, and more, one of the standout features was the installation of new rubber fitness flooring, which is not only durable and functional but

also aesthetically pleasing with the incorporation of the Belle Haven logo. This detail, among others, showcased the club's commitment to quality and brand identity.

Ardent Fitness didn't just provide equipment; they became partners in the journey. By closely listening to Belle Haven's vision and needs, they offered invaluable suggestions and guidance at every phase of the project. The collaboration resulted in a space that is not only modern and efficient but also exudes a sense of belonging and pride. The final product is a testament to the synergy between Belle Haven Country Club and Ardent Fitness. The athletic facility now stands as a beacon of functional fitness, boasting a layout that maximizes space and flow, ensuring that members and guests have an unparalleled fitness experience.





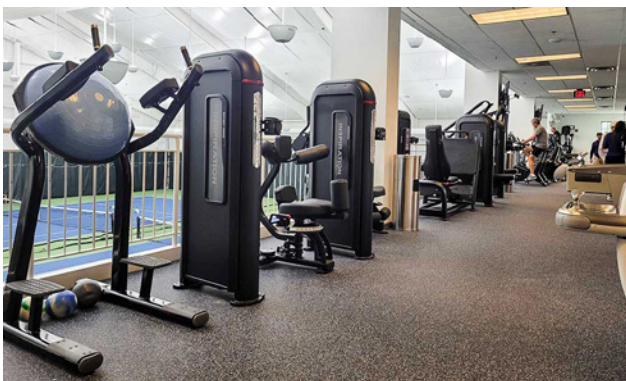
A comprehensive renovation

From floor to ceiling, the Ardent Fitness team completed an overhaul of Belle Haven's fitness center. Custom branded logo flooring welcomes members into their new space that includes a wide range of equipment.



Customized rubber flooring with logo inlay

We're experts in custom branded flooring. Showcase your logo on your rubber flooring to greet members, add game lines to turf tracks, or get creative with your own design—our team provided this beautiful logo inlay for Belle Haven Country Club's new flooring installation.



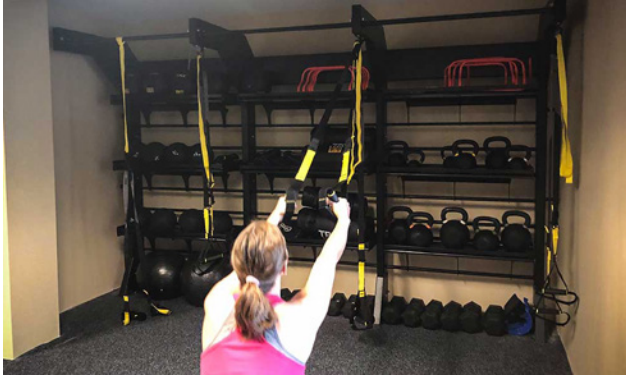
Strength training from Nautilus and Life Fitness

A fleet of strength equipment from the Nautilus Inspiration lineup was provided, including machines like the Ab Crunch, Leg Press, Vertical Press, Shoulder Press, and more.



Cardio with Cybex Treadmills

Cybex R70T Treadmills line the cardio space at Belle Haven Country Club's fitness center.



TRX Triple Suspension Training Bays

A fully stocked TRX system was installed to provide ample suspension training options along with dumbbells, kettlebells, medicine balls, and additional fitness accessories.



Olympic weight lifting, free weights, racks, and more

A half rack from Nautilus with a 4' SVA Bamboo Platform was installed to offer additional strength training options for members along with TKO bars, plates, dumbbells, benches, and more.

ARDENT FITNESS



EQUIPMENT PROVIDED



CYBEX
Bravo Functional Trainer



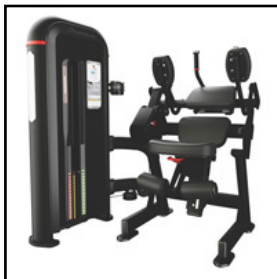
CYBEX
R70T Treadmill



NAUTILUS
Half Rack 9-HDHR2



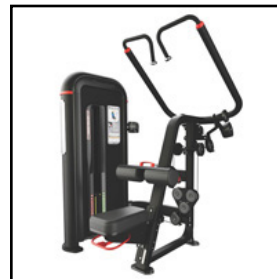
NAUTILUS
4' Bamboo SVA Platform



NAUTILUS
Inspiration Ab Crunch



NAUTILUS
Inspiration Abductor/Adductor



NAUTILUS
Inspiration Lat Pulldown



NAUTILUS
Inspiration Leg Curl



NAUTILUS
Inspiration Leg Extension



NAUTILUS
Inspiration Leg Press



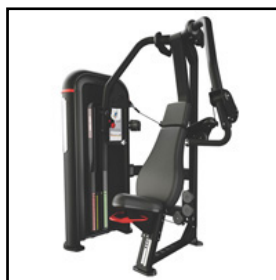
NAUTILUS
Inspiration Pec/Delt Fly



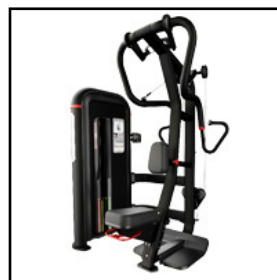
NAUTILUS
Inspiration Rotary Torso



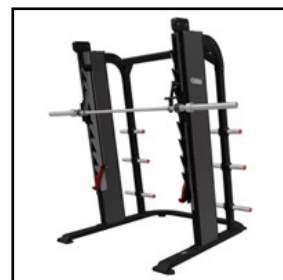
NAUTILUS
Inspiration Shoulder Press



NAUTILUS
Inspiration Vertical Press



NAUTILUS
Inspiration Vertical Row

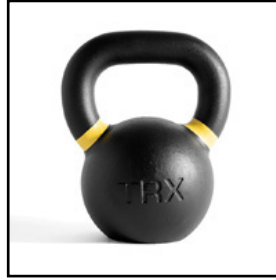


NAUTILUS
Smith Machine

EQUIPMENT PROVIDED



TRX
Triple Suspension Training Bay



TRX
Gravity Cast Kettlebells



TRX
Medicine Balls



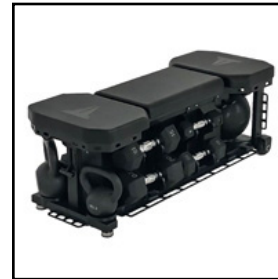
TRX
Power Bag



TRX
Slam Balls



TRX
Stability Balls



THROWDOWN
FXD Bench with Accessories



TKO
Ab Crunch



TKO
Ten-Sided Pro Rubber
Dumbbells



TKO
2-Tier 10 Pair Dumbbell Rack



TKO
Flat/Incline/Decline Bench



TKO
Hyper Extension



TKO
Hanging Foam Mats
with Grommets



TKO
Competition Bumper Plates



TKO
Heavy Weight Power Bar



TKO
Utility Bench

EQUIPMENT PROVIDED



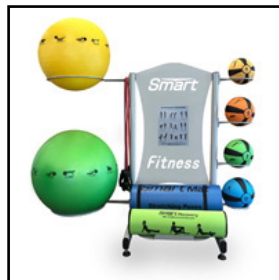
TUFF STUFF
Multi Hip 220lb Stack



LIFE FITNESS
Signature Leg Raise



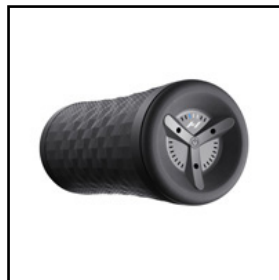
HYPERICE
V2 Max Reformer



PRISM FITNESS
Smart Essential Self-Guided
Commercial Package



HYPERICE
Volt 2 Pro



HYPERICE
Vyper 3




ZOGICS
Upward Pull Wall Mounted
Wipe Dispenser



ZOGICS
Antibacterial Disinfecting
Gym Wipes

CREATE YOUR FITNESS SPACE

From country clubs like Belle Haven to larger fitness facilities at major universities or multi-family housing, as well as 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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