



## CLIENT SHOWCASE

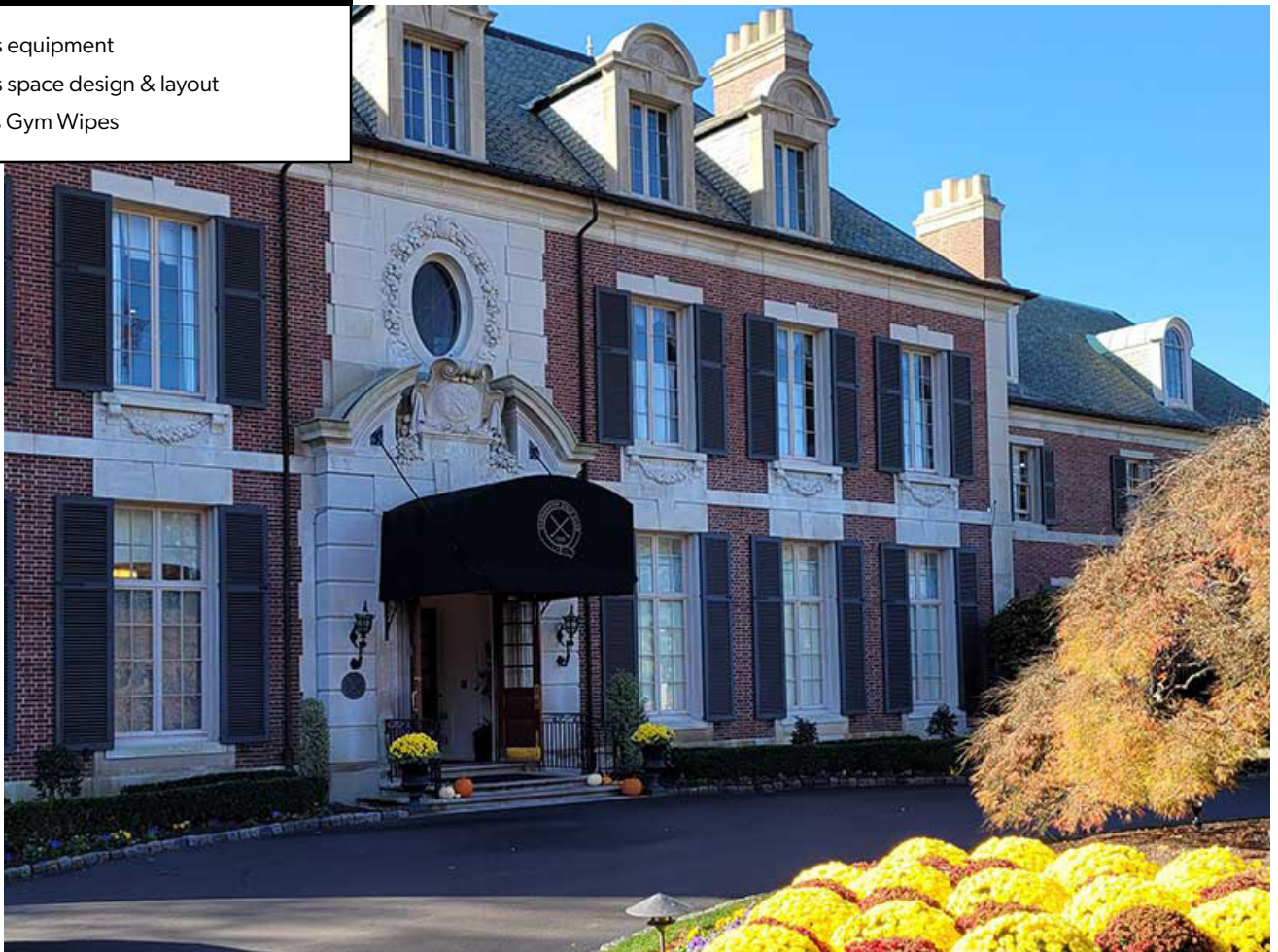
# OVERBROOK GOLF CLUB

Villanova, PA

### SERVICES PROVIDED BY ARDENT FITNESS:

- Fitness equipment
- Fitness space design & layout
- Zogics Gym Wipes

With a fitness space that hadn't been updated in at least a decade, Overbrook Golf Club was looking for a complete overhaul and turned to Ardent Fitness for space planning, layout ideas and all-new fitness equipment. The team at Ardent Fitness removed all of the existing and outdated equipment, and keeping in line with the extraordinary facility and membership at Overbrook, each and every piece in their workout space is brand new. Ardent Fitness designed and created a space that allowed for open areas for stretching and strength training, while maintaining traditional fitness equipment pieces like cardio machines and function fitness equipment. All of the equipment used in the space was chosen specifically to help golfers maintain their fitness level and improve their form.





## Star Trac S Series Cardio

Overbrook Golf Club installed new S Series treadmills, recumbent bikes, and cross trainers from Star Trac. Designed for commercial operation and traffic, the S Series features all of Star Trac's popular user-focused features, like adjustable personal fans, easy-up and wrap-around seat adjustments, and dual-platform pedals. Large LED displays and oversized buttons and text make the S Series cardio line some of the easiest and most intuitive pieces of equipment available.



## Nautilus Strength Training Equipment

Along with Star Trac cardio, Ardent Fitness provided a variety of strength training equipment from Nautilus, including the Instinct Series Dual Adjustable Pulley, Dual Leg Press Calf Raise, Dual Lat Down Pulldown Vertical Row, Dual Leg Extension Leg Curl, and the Nautilus Plate Loaded Freedom Rack.



## Functional training for golfers

Functional strength training options like these are key pieces in most weight rooms, but are exceptionally valuable in golf clubs for members looking to improve their golf swing and other movements.



## Helping golfers maintain their fitness level and improve their form

Building a fitness space catering to your members is critical to their success (and yours!). Selecting the best equipment for functional training and optimizing the footprint and space available is what we do best, no matter what type of facility you run.



## **A complete overhaul and refresh**

We worked with Overbrook Golf Club to complete a full overhaul of their gym, including initial space planning, layout ideas, and fitness equipment selection through delivery and installation. Maintaining a balance of traditional fitness equipment combined with open areas for stretching and strength training resulted in a fully functional space specifically designed for golfers.



## **A must-have training tool for every golfer: Power Plate Pro 5 Vibration Trainer**

Professional golfers like Rory Sabbatini and Craig Barlow train with Power Plate: "I have been bothered by various injuries throughout my career on the PGA TOUR. Because of this I started using the Power Plate to improve my flexibility, increase my strength and rehab a wrist injury. After 6 weeks of hard work on the Power Plate my flexibility has improved dramatically, my strength is through the roof – I have gained a full club in distance – and my wrist is ready for a return to the PGA TOUR. I've decided to make the Power Plate a key component of my ongoing fitness, conditioning and rehabilitation routine from here on out." — Craig Barlow, PGA Tour Golfer, running, swimming, and walking.

## EQUIPMENT PROVIDED



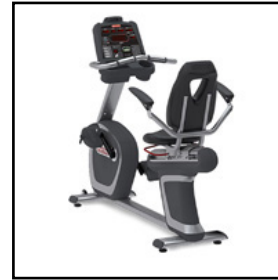
**POWER PLATE**  
pro5



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



**STAR TRAC**  
STRc Treadmill



**STAR TRAC**  
SRBx Recumbent Bike



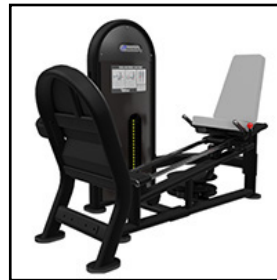
**STAR TRAC**  
SCTx Cross Trainer



**NAUTILUS**  
Freedom Rack



**NAUTILUS**  
Instinct Dual Adjustable Pulley



**NAUTILUS**  
Instinct Dual Leg Press/  
Calf Raise



**NAUTILUS**  
Instinct Dual Lat Pull Down/  
Vertical Row



**NAUTILUS**  
Instinct Dual Leg Extension/  
Leg Curl



**NAUTILUS**  
Triple Dumbbell Rack



**TKO**  
10-Sided Rubber Dumbbells




**ZOGICS**  
Upward Pull Wall Mounted  
Wipe Dispenser



**ZOGICS**  
Antibacterial Disinfecting  
Gym Wipes

## CREATE YOUR FITNESS SPACE

Whether you're a private Club like Overbrook Golf 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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