

**You can exercise your options.**

Tenants of Northfield Plaza have free use of the Fitness Center.



**Equipment**

Equipment includes free weights, universal machines, treadmills, elliptical machines, and stationary bikes. After your workout, head upstairs to Sweet Time Café in the lobby for a cold refreshment.

**Lockers/Showers**

The Fitness Center is open 24/7, complete with lockers, showers and towel service for your personal use. When you're finished, take a restorative break in the sauna.



**Racquetball/Squash**

Racquetball and squash enthusiasts are welcome. We have separate court facilities for both sports. Invite a few friends, or join in on a team. Most of all, have fun!

**Fitness Center**