



velocity

BY HIGHWOODS PROPERTIES



FEATURES

- Upright and Recumbent Bicycles
- Elliptical and Cross Trainers
- Treadmills
- Lifetime Strength Equipment
- Free Weights
- Separate Workout Room featuring TRX Suspension Training System
- Locker and Shower Facilities
- Free to customers of Truist Place

HOURS

- Monday - Friday | 6:00AM - 9:00PM

Mandatory enrollment waiver form required prior to using facility. Access card entry.

