

New Synergy 360T

Have you been looking for the perfect workout? Have you wanted more from your fitness program? If so, Synergy360T may be the solution for you. Combining several total-body, dynamic exercises, Synergy360T helps transform your basic fitness program into a full body strength and endurance experience. Synergy360T is one of the newest pieces of equipment at the AFC, you can download the LFConnect App FREE and receive 100's of NEW Exercises to improve your overall health/wellness and fitness, or just ask one of our knowledgeable Fitness Specialist for assistance. For those of you who are not interested in waiting, for those of you only interested in doing and in results, Synergy360T is a complete workout.