

**Mohegan Sun**  
**Sky Fitness Center Offerings**  
**Updated 3-3-24**

**Hours of Operation:**

**24-Hours per day for Hotel Guests**

**Closed on Monday and Thursday from 1pm-2pm**

**Cardiovascular Equipment**

**Technogym Cardiovascular**

**Spin Bikes - 4**

**Treadmills - 10**

**Ellipticals - 5**

**Stationary Cycles - 2**

**Recumbent Cycle - 2**

**Rower – 1**

**Resistance Machines**

**Technogym Selectorized Machines**

**Leg Curl**

**Leg Extension**

**Leg Press**

**Dual Adjustable Pulley**

**Low Row**

**Shoulder Press**

**Chest Press**

**Free Weights**

**Smith Machine**

**Dumbbells**

**Kettle Bells**

**Straight Bar Pump Set**

**Body Bars**

**Accessories**

**Dual Abdominal Board Rack**

**Medicine Balls**

**Mats**

**Steps and Risers**