

## Update on exercise room:

At this point in time we are approximately halfway finished with the exercise room. There are 2 flat screen televisions one in each room with 2 separate cable boxes. The rooms have been painted.

The porch is set up as our aerobic exercise area. We now have 2 treadmills, one is commercial grade. We have a recumbent bike, and several older pieces of aerobic equipment. We are in the process of ordering a spinn bike this month.

The main part of the room now has rubber matting wall-to-wall. It is also commercial grade. It is a wonderful surface for exercise, not limited to weight lifting. I currently use it to do P90X and insanity, which are DVD's of intense exercise. There is plenty of room for this and obviously there is a DVD player. There is a mirror so that proper form can be observed. We still have all of our old weight equipment including, dumbbells from 10-50 pounds, an old Weider rack system that is still in working order, and adjustable Olympic weight bench with a set of Olympic weights, a Body Craft free weight universal type machine, on which a total body weightlifting exercise program can be performed, and miscellaneous weights and bars.

We are still working toward getting commercial grade elliptical, multistation rack weight system and Smith machine with bench and weights to finish the room. It is a wonderful space to exercise that several of us are now enjoying. I invite the entire Bay tree community to join us.

Sincerely,

Michael Dilello

