



CLIENT SHOWCASE

DASH

Alexandria, VA

DASH, the public bus system for the City of Alexandria, came to Ardent Fitness to turn an underused room into a complete employee gym for the team that keeps the city moving. We delivered, from the floor up.

Ardent Fitness designed the layout and installed everything that brought the space to life, including custom-cut ECORE rubber flooring, custom wall mirrors, and a full cardio and strength package anchored by Star Trac cardio and a Hoist strength line.

The project ran start to finish with one team. We handled the freight, installation, and finishing details, so DASH employees had a complete gym ready to use.

SERVICES PROVIDED BY ARDENT FITNESS:

- Space planning & custom layout design
- Floor demolition & preparation
- Custom rubber flooring supply & glue-down installation
- Custom mirror fabrication & installation
- Cardio & strength equipment delivery & installation
- Zogics cleaning supplies & hand sanitizing station
- Freight, delivery & expert installation





Designed Before It Was Built

Every build starts with a plan. We mapped the full layout first, placing cardio, strength, and functional zones so the room would flow and every square foot would earn its place before a single piece arrived.



A Floor Built to Last

We demoed the old floor, prepped and skim-coated the subfloor, then installed custom-cut ECORE rubber flooring with doorway transitions and fresh cove base trim. The result is a quiet, durable surface made for heavy daily use.



Forward Progress

The Star Trac TR Treadmill is a clean fit for the space. In the background, custom mirrors help users with their workouts and perform double-duty by making the room feel larger.



Strength, Dialed In

A full Hoist strength line covers the major movements, anchored by the Mi Smith machine and spaced for easy access along DASH's navy accent wall. Durable, low-maintenance, and ready for daily use.



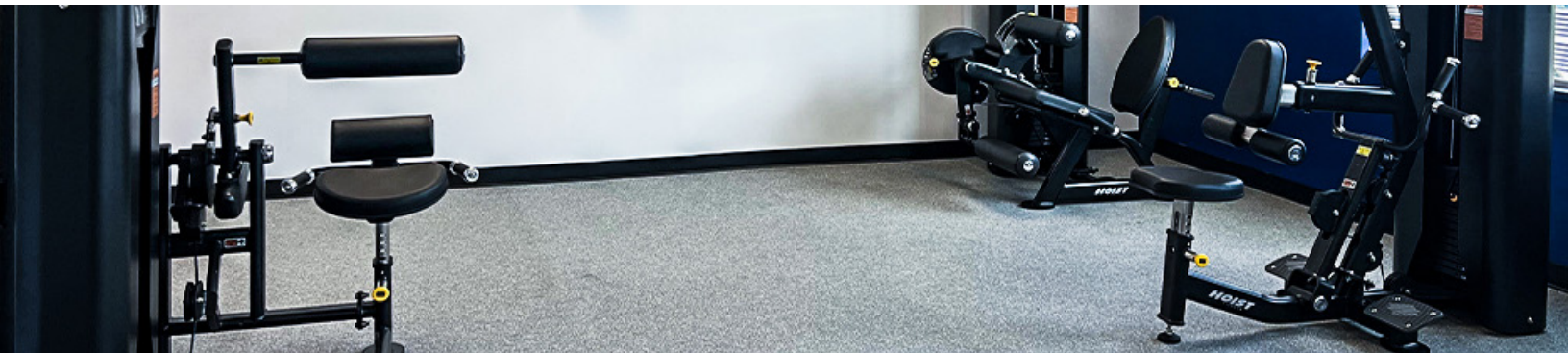
Room to Move

Stability balls, medicine balls, resistance bands, and core mats round out a functional training corner, giving employees options beyond cardio and machines in the same open footprint.



Made Theirs

Custom mirrors, navy and gold accent walls, and wall-mounted screens bring the room into DASH's colors, so the gym reflects the agency and the team that keeps Alexandria moving.



EQUIPMENT PROVIDED



STAR TRAC
6 Series Treadmill with LED



STAR TRAC
6 Series Recumbent Bike
with LED



STAR TRAC
6 Series Cross Trainer with LED



HOIST
MiSMITH Dual Action Smith



HOIST
Lat Pulldown/Mid Row



HOIST
Leg Extension/Leg Curl



HOIST
Ab Crunch/Low Back



HOIST
Flat/Incline Bench



HOIST
Olympic Weight Tree



HOIST
60" Dumbbell Rack with
3rd Tier



HOIST
55-100 Pair DB 5lbs Increments



BODY-SOLID
2.5-45lb Black Rubber
Grip Plate

EQUIPMENT PROVIDED



BODY-SOLID

20–40lb Cast Iron Powder
Coated Black Kettlebells



PRISM FITNESS

Studio Essential Self-Guided
Commercial Package



ECORE ATHLETIC

Basic Fit Roll Rubber Flooring
(Steel Appeal)



ECORE ATHLETIC

E-Grip III Flooring Adhesive



ZOGICS

Antibacterial Disinfecting
Wipes



ZOGICS

Upward Pull Wall-Mounted
Dispenser



ZOGICS

The Cleaning Station
Wipes Dispenser + Gel Hand
Sanitizing Station



ZOGICS

Hand Sanitizer Refills

CREATE YOUR FITNESS SPACE

From corporate fitness centers like DASH to university fitness centers, multi-family housing gyms, and medical and rehab spaces, Ardent Fitness handles every step of the process, from space planning and design to equipment selection, custom flooring, delivery, installation, and ongoing service.



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