



CLIENT SHOWCASE

STELLA AT THE MEDICAL CENTER

Houston, TX

SERVICES PROVIDED BY ARDENT FITNESS:

- Intenza + Throwdown cardio & functional equipment
- TKO free weights, racks & strength machines
- Hoist suspension training systems
- Freight, delivery & expert installation
- Equipment trade-in
- Zogics Cleaning Station setup

When a Houston apartment complex's fitness amenity needed a complete overhaul, Ardent Fitness delivered a commercial-quality equipment package, a full trade-in, and a seamless installation, start to finish. Stella at the Medical Center serves residents who expect a well-maintained, professional fitness space, not a gym that looks like an afterthought. The existing cardio and strength equipment had run its course. They needed a full replacement with gear that could handle daily, mixed-use traffic, configured for the space they actually had.

The ask was straightforward: remove the old equipment, bring in a cohesive new setup, and handle all the logistics in between.

We built the new space around Intenza's 450i2S series, clinical-grade cardio machines known for quiet operation, clean service profiles, and the kind of durability that holds up in high-traffic environments. Two treadmills, an upright bike, a recumbent bike, an escalate trainer, and an elliptical round out a complete cardio floor without redundancy.

For strength, we brought in a Hoist selectorized package, a dual-angle Smith machine, a full rubber dumbbell set from TKO, and a HIIT rower from Throwdown. Everything runs in matte black, giving the space a clean, unified look.

We also coordinated the trade-in of five pieces of existing equipment, including Keiser and Precor cardio, a C2 rower, and Paramount strength, making it a single-vendor, no-hassle transition.





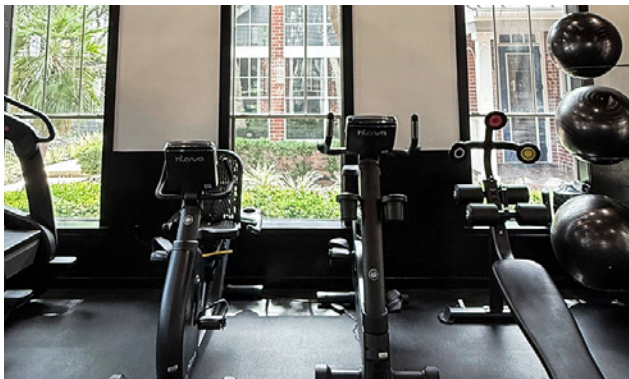
Strength That Fits the Space

The Hoist selectorized strength lineup — dual-angle Smith machine, lat pulldown, leg press, and more — anchors the weight floor against a warm wood slat accent wall with arched LED mirrors. The result feels considered, not institutional.



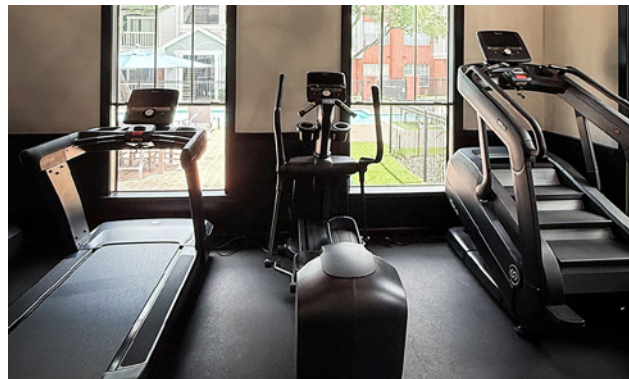
Every Corner Accounted For

The Intenza upright bike, a commercial FID bench, stability balls, medicine balls, and resistance bands are organized into a functional accessory zone — so the space works for cardio, recovery, and accessory training without feeling crowded.



Natural Light, Clean Layout

The Intenza upright and recumbent bikes face floor-to-ceiling windows overlooking the courtyard garden. The exposed beam ceiling and dark palette give the space character without competing with the equipment.



A Complete Cardio Floor

Two Intenza 450Ti2S treadmills, the 450Ci2S Escalate Trainer, and the 450ETi2S Elliptical give residents a full range of cardio options in a clean, unified layout. Pool views through the windows don't hurt either.



Built for Daily Use

The full strength zone in context — Hoist selectorized machines, the Throwdown HIIT Rower, TKO rubber dumbbell rack, and FID benches arranged for easy flow and clear sightlines. Commercial-grade equipment configured for a residential community that takes fitness seriously.



The Finished Space

Three Intenza treadmills lined up facing the pool — the kind of cardio floor that makes residents want to show up. From equipment selection to final installation, this is what a well-executed fitness amenity looks like.

EQUIPMENT PROVIDED



INTENZA
450Ti2S Treadmill



INTENZA
450Ci2S Escalate Trainer



INTENZA
450ETi2S Elliptical Trainer



INTENZA
450UBi2S Upright Bike



INTENZA
450RBi2S Recumbent Bike



HOIST
HD-3400 Leg Extension /
Leg Curl



HOIST
HD-3200 Lat Pulldown /
Mid Row



HOIST
HD-3403 Leg Press /
Calf Raise

EQUIPMENT PROVIDED



HOIST
CF-3755 Dual Angle
Smith Machine



THROWDOWN
HIIT Rower



PRISM FITNESS
Studio Deluxe Self-Guided
Commercial Package



TKO
FID Bench



TKO
Olympic Rubber Grip Plate



TKO
Ten-Sided Rubber Dumbbell



TKO
3-Tier Horizontal Dumbbell
Rack




ZOGICS
Antibacterial Disinfecting
Gym Wipes



ZOGICS
The Cleaning Station Wipes
Dispenser + Gel Hand
Sanitizing Station

CREATE YOUR FITNESS SPACE

From multi-family housing gyms like Stella at the Medical Center to HYROX training facilities like JC Movement Co, university fitness centers, and luxury home 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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