

# PROJECT SHOWCASE

## PUBLIC HEALTH



## FRISCO ATHLETIC CENTER

### FACILITY SIZE

100,000 sqft

### COMPLETION DATE

September 2018

### LOCATION

5828 Nancy Jane Ln  
Frisco, TX 75035

### DEMOGRAPHICS

All fitness levels and ages

### WEBSITE

[www.friscotexas.gov/650/Frisco-Athletic-Center](http://www.friscotexas.gov/650/Frisco-Athletic-Center)

### A CUSTOMIZED FUNCTIONAL FITNESS FRAME FOR THE F.A.C.

With everything from water aerobics to Zumba, the Frisco Athletic Center has the whole gamut of exercise and wellness activities. An award-winning family-focused fitness and aquatic facility, the FAC recently broadened their offerings even more with the addition of a functional fitness frame. Team Marathon Fitness has enjoyed a long-standing supplier relationship since the facility's inception, supplying Precor Treadmills, Elliptical Crosstrainers, and Adaptive Motion Trainers. Recently, Frisco just received its custom Queenax functional unit with over 14 suspension stations for both group and individual training. Members are finding innovative and new workout modalities using tools like TRX, the Boxing Heavy Bag, Queenax Superfunctional, and the unique 4D Pro bungee suspension trainer. Marathon Fitness partnered with vendor Rubber Flooring Systems to create a rubberized floor space just for the QueenAx unit. They worked together with staff to develop a construction timeline that minimized downtime and inconvenience to members.



**PARDON OUR PROGRESS**

**The Queen is coming!**

**Area Closed  
September 12 - 23**



