



Exercise Express

Located at 7402 Gratiot Road in Thomas Township, the owner of Exercise Express has been in business for over twenty (20) years. The business was formerly located on Bay Road and then moved to Gratiot Road where they not only sell but service exercise equipment.

Such brands as LifeFitness, Precor, Octane, Vision, and Cybex are offered along with many others. The equipment can also be delivered and installed.

Instruction is also given on proper use in regards to frequency, intensity and time (FIT). All based on the customers statistics (weight, age etc.).

Tune-ups, clean-ups and repairs are available on most any brand of exercise equipment, this includes treadmills, elliptical, bike to home gym cables and pulleys.

Exercise express also offers moving of equipment and preparations to do so as well as commercial layout, design, sales and installation of business exercise equipment areas.

Stop by the store or visit them on the web at www.exerciseexpressusa.com.