

# GOLD'S GYM COMMERCE

**LOCATION:** Commerce, CA

**DESCRIPTION:**

A 30,000 sq. ft. facility located in the heart of Los Angeles

**PARAMOUNT EQUIPMENT:**

Cardio - 7.85T & 7.55T treadmills.  
Strength - SP Circuit, Functional Trainers,  
Plate Loaded, and Free Weights.



According to Joe Coco, Regional Operations Manager for three Gold's Gym locations in Southern California: Redondo Beach, Hawthorne, and Commerce, "As the operator of three very busy clubs, I couldn't be more pleased with the performance and reliability of the Paramount products. Our members and staff love the easy Touch Sensor console, real life programs, and color screens found on the treadmills. The beautiful design of the SP Circuit is a great asset for member appeal, and people love the rotary handles on the chest and shoulder pieces. The plate loaded squat is phenomenal with its lack of spinal compression which is very big with the baby boomers. The plate loaded biceps curl has a great angle, thick padding and a better bar with various grips. No question I would recommend Paramount cardio and strength products to any high-use facility."



**Paramount Fitness Corp.**

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