



MAIN GYM AREA

3 X TREADMILLS
2 X CROSS TRAINERS
1 X ROWER
8 X SPIN BIKES
CHEST PRESS
LYING HAMSTRING CURL
SEATED HAMSTRING CURL
LAT PULLDOWN
LAT PULLDOWN/SEATED ROW COMBO
PEC/REAR FLYE
LEG PRESS
SHOULDER PRESS
LEG EXTENSION
2 X FLAT BENCH
1 X INCLINE BENCH
CABLE MULTI WITH ATTACHMENTS
MEDICINE BALL RACK 1-10KG
PREACHER CURL AND E-Z BAR
BENCH PRESS WITHY OLYMPIC BARBELL
SMITH MACHINE
POWER TOWER/DIP/CHINUP
BARBELL RACK WITH PRE LOADED BARBELLS
17.5 KG,22.5 KG,27.5 KG,32.5 KG,40 KG ,50 KG - DUMB BELL RACK- 12.5-35KG
DB X RACK 1-10KG
2 MATS
1 FITBALL
HAMMER CURLTRICEP EXTENSION BAR
KETTLE BELLS 4 KG, 6 KG, 8 KG. 16KG
20 SETS BOXING FOCUS PADS/GLOVES
WEIGHT PLATES RANGING FROM 1.25-25KG

MISCELLANEOUS:

BENCH WITH 3 STOOLS
1 X FILING CABINET

1 X BP MACHINE
1 LARGE PEDASTOOL FAN
3 X FLATSCREEN TV'S
1 X BAG STORAGE RACK
1 X FIRST AID KIT
1 X STEREO/SECURITY SYSTEM
1 X FILTERED WATER STAND (WATER CAMEL)
1 X VACUMN
SKIPPING ROPES
THERBANDS/MICROBANDS
2 X FOAM ROLLERS/SPIKEY BALLS
PUSH-UPBARS
AB ROLLER

BACKROOM

11 X LES MILLS STEPS PLUS LEVELS
11 X LES MILLS BABELLS WITH WEIGHTS 1.25-10KG
14 X FOAM MATS
RESISTANCE BANDS
1 X POWER SLED
1 X BALLETT BARRE
1 X STEREO
1 X SMALL PEDASTOOL FAN
8 X PILATES RINGS
1 X PILATES LAMP

TRAINING ZONE

1 X SPEED BALL
1 X TRX
1 X PUNCHING BAG
1 X TORSONATOR
1 X BATTLE ROPE
ASSORTED BOXING FOCUS PADS AND GLOVES
MISCELLANEOUS:
1 X DISHWASHER
1 X FRIDGE

1 X MICROWAVE

1 X KETTLE