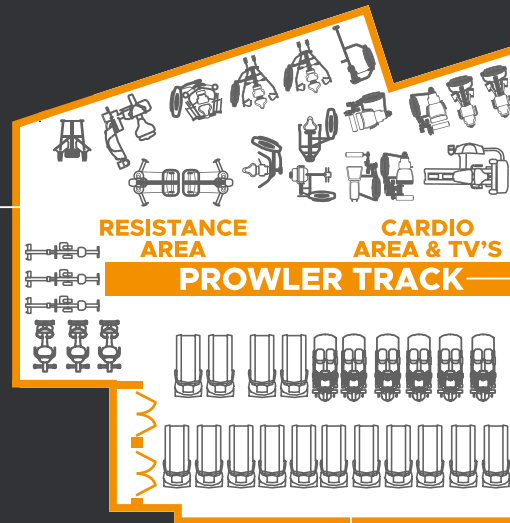


Cardio & Resistance Gym Area

All new top of the range resistance equipment with rep counters and times on each machine.



Prowler Track - For all abilities. Allows you to push and pull weight, working your legs and upper body over 15 meters. It will give you a workout that is second to none!

All cardio equipment has built in TV screens, that are fully interactive.