



## LEISURE CLUB FACILITIES

12 by 8 metre Indoor Heated Swimming Pool

Jacuzzi, Sauna, Steam Room

Aerobics Studio

Cardio-Vascular Gym

- 1 x Adductor
- 1 x Abductor
- 1 x Leg Press
- 1 x Shoulder Press
- 1 x Leg Extension
- 1 x Leg Curl
- 1 x Chest Press
- 1 x Lever Row/Low Row
- 1 x Lat Pull Down
- 1 x Smith machine
- 1x Olympic bar
- Kettle bells
- Free Weights
- 6 x Upright Bikes
- 2 x Rowers
- 12 x Treadmills
- 7 x Cross-Trainers
- 4 x Recumbent Bike
- 2 x Steppers

3 Outdoor Tennis Courts