



FITNESS CENTER



FITNESS CENTER FACTSHEET

CARDIO MACHINES

- ✓ Treadmills
- ✓ Elliptical Machine
- ✓ Rower
- ✓ Interactive Stationary Bike
- ✓ Artis Recline
- ✓ Group Cycle Ride

FUNCTIONAL & STRENGTH TRAINING

- ✓ Medicine Balls
 - ✓ Slam Balls
 - ✓ Elastic Bands
 - ✓ Skipping Rope
 - ✓ Mats
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BOXING TRAINING

- ✓ Boxing Equipment
- ✓ Boxing Bag

STRENGTH & CONDITIONING

- ✓ Smith Machine
 - ✓ Dual Adjustable Pulley Station
 - ✓ Dumbbells
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Our fitness facilities are totally equipped by Technogym©



