

Cardio

- Treadmills (2)
- Ellipticals (2)
- Recumbent Bike
- Upright Bikes (2)
- Spin Bike
- Arc Trainer
- Rower

Strength

- Selectorized Chest Press
- Selectorized Shoulder Press
- Selectorized Seated Row
- Selectorized Leg Press
- Selectorized Leg Extension
- Selectorized Leg Curl
- Lat Pulldown
- Seated Row
- Olympic Bench Press
- Olympic Incline Bench Press
- Free Weight Benches (5)
- Preacher Curl
- Back Extension
- Squat Rack
- Deadlift Platform
- Dumbbells (5 – 75lbs)
- Dual Cable Functional Trainer
- Multi-Jungle Functional Trainer

Pinetree Community Centre Fitness Centre Equipment