

Cardio

- Treadmills (2)
- Woodway Treadmill
- Elliptical
- Recumbent Bikes (2)
- Upright Bike
- Rower
- Nu Step
- Arm Ergometer

Strength

- Selectorized Chest Press
- Selectorized Row/
Pulldown
- Selectorized Abdominal/
Low Back
- Selectorized Bicep/Tricep
- Selectorized Leg Press
- Free Weight Benches (2)
- Dumbbells (2 – 45lbs)
- Body Bars
- Dual Cable Functional
Trainer

Glen Pine Pavilion Fitness Centre Equipment