

Cardio

- Treadmills (10)
- Woodway Treadmill
- Ellipticals (4)
- Recumbent Bikes (4)
- Upright Bikes (3)
- Stair Climbers (2)
- Arc Trainers (3)
- Rowers (2)
- Spin Bikes (2)
- Nu Step
- Arm Ergometer

Strength

- Selectorized Assisted Chin/Dip
- Selectorized Chest Press
- Selectorized Pectoral
- Selectorized Shoulder Press
- Selectorized Upper Back
- Selectorized Bicep Curl
- Selectorized Arm Extension
- Selectorized Vertical Traction
- Selectorized Leg Press
- Selectorized Leg Extension
- Selectorized Leg Curl
- Lat Pulldown
- Seated Row
- Olympic Bench Press
- Olympic Incline Bench Press
- Free Weight Benches (5)
- Deadlift Platform
- Dumbbells (1 – 65lbs)
- Barbells (20 – 60lbs)
- Dual Cable Functional Trainer
- Cross-Over Functional Trainer
- Multi-Jungle Functional Trainer
- Preacher Curl
- Back Extension
- Roman Chair
- Smith Machine
- Squat Racks (2)

Poirier Sport and Leisure Complex Fitness Centre Equipment