

Cardio

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

Strength

- Selectorized Chest Press
- Selectorized Pectoral
- Selectorized Shoulder Press
- Selectorized Leg Press
- Selectorized Leg Curl
- Selectorized Leg Extension
- Lat Pulldown
- Seated Row
- Olympic Bench Press
- Olympic Incline Bench Press
- Free Weight Benches (5)
- Preacher Curl
- Back Extension
- Smith Machine
- Squat Racks (2)
- Deadlift Platforms (2)
- Kettlebells (10 – 30lbs)
- Dumbbells (5 – 85lbs)
- Dual Cable Functional Trainer
- Cross-Over Functional Trainer
- Multi-Jungle Functional Trainer

City Centre Aquatic Complex Fitness Centre Equipment