

Equipamento / Equipment

Gymnasium

The superbly well equipped air conditioned gymnasium lies down the stairs between the main reception and the Clubhouse Bar.

It comprises of:

- Versaclimber
- 3 Life Fitness Inspire treadmill w/ TV incorporated.
- 2 Life Fitness Inspire Cross trainer w/ TV incorporated
- 2 Elevation series bike stand-up
- 2 Elevation series bike recumbrant
- 1 Powermill Climber
- 1 Schwinn Spinning bike
- 2 Concept 2 Rowers

Free weights

- Olympic bar with over 500k+
- Urethane Dumbbells ranging from 12.5kg to 30kg & 42kg to 50kg
- 2 Adjustable Benches
- 2 Incline & Flat benches
- 2 Hexset 1kg to 10kg
- Medicine balls 4 / 6 / 8 kg
- Stretch mats

Resistance Machines

- Optima series Leg press
- Optima series Leg extension/ curl
- Optima series multi press
- Optima series hip abductor/ adductor
- Optima series Lat/ Row
- Signature triceps press down
- Signature triceps Torso rotation
- Hammer Strength Ab crunch
- Life Fitness basic trainer
- Bicep curl
- Waist twister
- Sygnum Gym80 cable crossover
- Punching bag