



PARKS, RECREATION
& COMMUNITY SERVICES

Weight Room Equipment

CEDAR HILL RECREATION CENTRE

250-475-7121

3220 Cedar Hill Road

Cardio Equipment

- Arc Trainer
- Arm Ergometer
- Bike - Keiser Spin (2)
- Bike - Recumbent (3)
- Bike - Upright (2)
- Concept II Rower (2)
- Ellipticals (3)
- Nu Step (2)
- Step Mill
- Steppers (2)
- Treadmills (5)

Amenities

- Friendly qualified staff
- Air conditioning
- Free parking
- Changerooms, lockers and showers
- 371m² weight room with a panoramic outdoor view
- [Personal Training](#)
- Fully wheelchair accessible

Strength Machines

- Abb/Adductor
- Chin dip/pull up assist
- Lat Pull Down
- Leg Curl
- Leg Extension
- Leg Press
- Shoulder Press
- Pec Fly / Reverse Deltoid
- Seated Chest Press
- Vertical Row

Strength Equipment

- Cable Crossover
- Dumbbells – max weight: 65 lbs
- Functional Trainer
- Smith Machine
- Full range of free weight equipment, dumbbells, barbells, kettle bells and benches.