



PARKS, RECREATION  
& COMMUNITY SERVICES

# Weight Room Equipment

## G.R. PEARKES RECREATION CENTRE

250-475-5400

3100 Tillicum Road

### Cardio Equipment

- Bike - Keiser Spin (2)
- Bike - Recumbent (2)
- Bike - Upright (3)
- Concept II Rower (2)
- Ellipticals (3)
- Step Mill
- Stepper
- Treadmills (5)

### Stretching Area

- Large stretching area with mats, light weights and small equipment.

### Amenities

- Friendly qualified staff
- Air conditioning
- Free parking
- [Personal Training](#)
- Changerooms, lockers and showers
- 149m<sup>2</sup> weight room with vaulted ceilings overlooking arena.
- Fully wheelchair accessible

### Strength Machines

- Chin Dip/Pull Up Assist
- Leg Curl
- Leg Extension
- Leg Press
- Pec Fly / Reverse Deltoid
- Seated Chest Press
- Seated Row
- Shoulder Press

### Strength Equipment

- Bench Press (2)
- Cable Crossover
- Dumbbells – max weight: 100 lbs
- Functional Trainer
- Olympic Lifting Area
- Squat Rack (2)
- Full range of free weight equipment, dumbbells, barbells, kettle bells and benches.