



# Weight Room Equipment

## GORDON HEAD RECREATION CENTRE

250-475-7100

4100 Lambrick Park Way

### Cardio Equipment

- Arc Trainer
- Arm Bike Training Machine
- Bike - Keiser Spin (1)
- Bike - Recumbent (3)
- Bike - Upright (2)
- Concept II Rower (2)
- Ellipticals (5)
- Nu Step (2)
- Step Mill
- Treadmills (7)

### Miscellaneous

- Steps and Risers

### Amenities

- Air conditioning
- Free parking
- [Personal Training](#)
- Changerooms, lockers and showers
- Approximately 400m<sup>2</sup> weight room
- Swimming pool, steam room, hot tub and sauna (no additional charge)
- Fully wheelchair accessible

### Strength Machines

- Chin Dip/Pull Up Assist
- Hip Machine
- Knee Raise/Dip
- Kinesis
- Lat Pull Down (2)
- Leg Curl
- Leg Extension
- Leg Press (2)
- Seated Row
- Seated Row/Chest Press
- Pec Fly / Reverse Deltoid

### Stretching Area

- Separate from the Weight Room and includes mats, foam rolls and small equipment

### Strength Equipment

- Bench Press
- Cable Tower
- Calf Raise
- Dumbbells – max weight: 70 lbs
- Functional Trainer (2)
- Deadlift Area
- Smith Rack
- Squat Rack
- Full range of free weight equipment, dumbbells, barbells, kettle bells and benches.