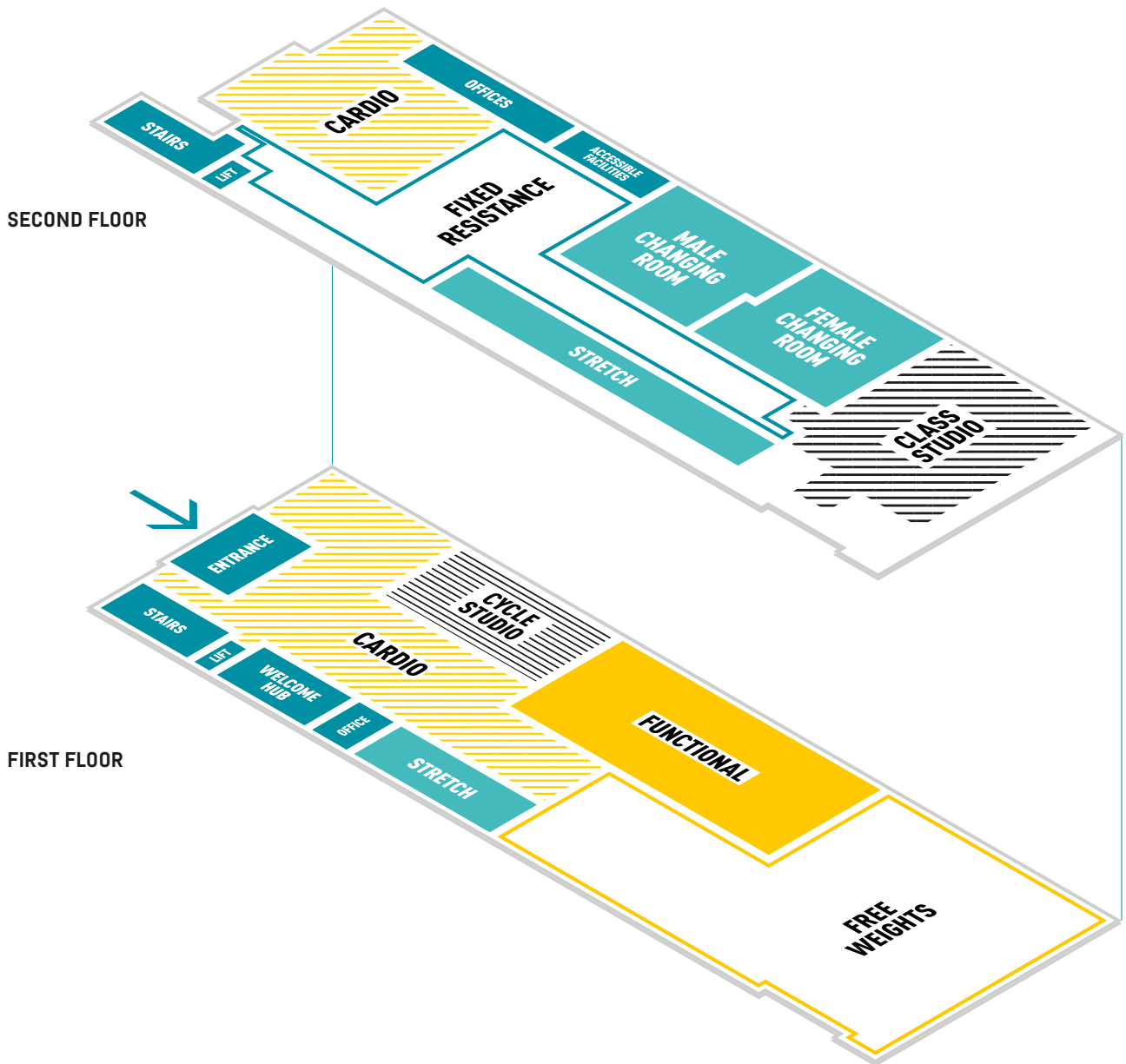


# GYM LAYOUT



- CYCLE STUDIO\*** Instructor-led group cycle classes  
Ride with a pack, get fitter and have fun
- CARDIO** Treadmills, Climbmills, Rowing Machines  
Cardiovascular fitness, burn calories
- STRETCH** Mats, lighter weights & accessories  
Flexibility, mobilisation and toning
- FIXED RESISTANCE** Fixed Pin Resistance & Cable Machines  
Build muscular strength & endurance

- FREE WEIGHTS** Dumbbells, Barbells and Lifting Areas  
Tone up, build muscle, get stronger
- FUNCTIONAL** Rig, Kettlebells & HIIT Area  
Move well, get fitter, faster & stronger
- CLASS STUDIO\*** Instructor-led group exercise classes  
Train with others, exercise to music, burn calories

\*All classes can be booked through the PureGym app.