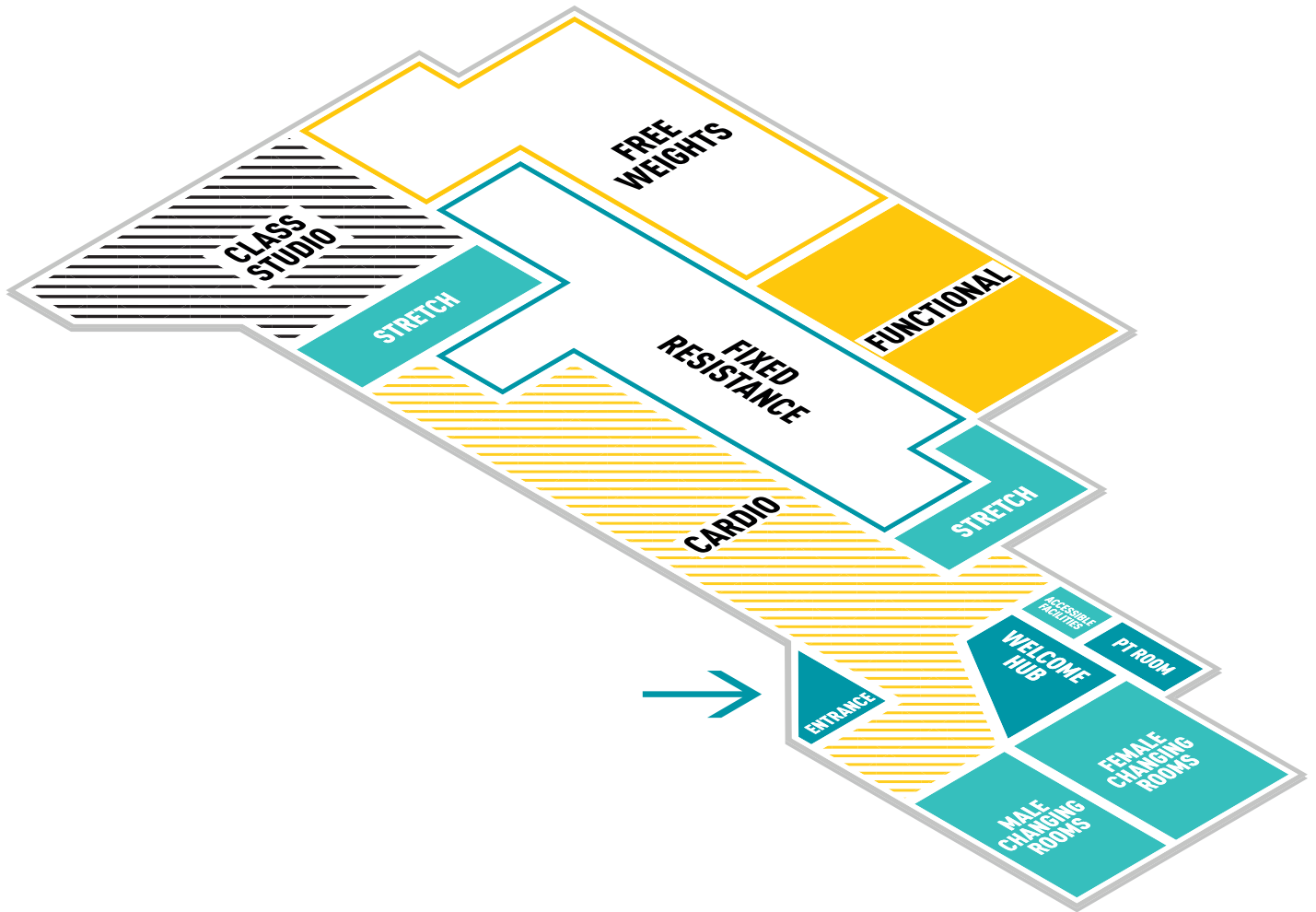


GYM LAYOUT



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.