



Bedale Leisure Centre

Revised Gym Layout

HAMBLETON
DISTRICT COUNCIL

hambleton.gov.uk/zest

CARDIOVASCULAR

- 1 2 x Treadmills
- 2 1 x Cross Trainer
- 3 1 x Top XT
- 4 1 x Stair Climber
- 5 1 x Upright Cycle

FREE WEIGHTS

- 6 1 x Smiths Machine
- 7 1 x Free Weights

STRENGTH

- 8 1 x DAP
- 9 1 x Leg Press
- 10 1 x Hip Abductor
- 11 1 x Abdominal crunch
- 12 1 x Lat Pulldown
- 13 1 x Fly
- 14 1 x Chest Press

~~X~~ UNAVAILABLE

- | | |
|-----------------------|--------------------------------|
| Cardiovascular | Strength |
| 3 x Bikes | 1 x Adjustable Abdominal Bench |
| 1 x Recumbent Bike | 1 x Adjustable Bench |
| 1 x Cross Trainer | 1 x Shoulder Press |
| 2 x Rowers | 1 x Adduction |
| | Exercise Mat |

