



Thirsk & Sowerby Leisure Centre

Gym Layout

HAMBLETON
DISTRICT COUNCIL

hambleton.gov.uk/zest



CARDIOVASCULAR

- A 7 x Excite Run 7000
- B 2 x Excite Vario 7000
- C 4 x Excite Synchro 7000
- D 2 x Excite Recline 7000
- E 3 x Excite Bike 7000
- F 3 x Excite Climb 7000
- G 1 x Excite Top 7000

- H 3 x Skillrow
- I 1 x Skillbike
- J 1 x Technogym Bike

STRENGTH

- 1 1 x Assisted Chin Dip
- 2 1 x Lat Pulldown
- 3 1 x Chest Press
- 4 1 x Pectoral
- 5 1 x Shoulder Press
- 6 1 x Low Row
- 7 1 x Leg Extension
- 8 1 x Leg Curl
- 9 1 x Leg Press
- 10 1 x Abductor
- 11 1 x Adductor
- 12 1 x Total Abdominal
- 13 2 x DAP

FREE WEIGHTS/ PLATE LOADED

- 14 1 x Back Extension
- 15 5 x Adjustable Benches
- 16 1-10kg Chrome Dumbbells
- 17 12-50kg Dumbbells
- 18 15-45kg Pre loaded Barbells
- 19 1 x Multi Power (Smiths)
- 20 1 x Olympic Half Rack and Platform
- 21 1 x Scotts Bench (Preacher)
- 22 1 x Olympic Flat Bench
- 23 1 x Pure Strength Leg Press

WELLNESS TOOLS/ ACCESSORY EQUIPMENT

- 24 Skill Tools
- 25 Tanita Scale
- 26 Unity Pedestal