

Raising the bar

Our gym has been recently refurbished and now features state-of-the-art equipment from LifeFitness and Aspire

Our Fitness Centre is located on the -1 floor, you can gain access with your bedroom key 24/7 and is open to Residents only.

The updated facilities include a comprehensive selection of equipment to meet your fitness needs:

Aspire Treadmill SE4 Console 16"

Aspire Crosstrainer SE4 Console 16"

Aspire Powermill SE4 Console 16"

Aspire Upright SE4 Console 16"

Aspire Recumbent SE4 Console 16"

Watt Bike Pro

Life Fitness Heat Row

LF Axiom Leg Extension/Curl

LF Axiom Multi-Press

LF Axiom Leg Press

LF Axiom Adjustable Bench

LF Back Extension Bench

LF Axiom Decline Bench

LF Axiom Dual Adjustable Pulley

LF Axiom Smith Machine