



Below is a list of all equipment provided at the Heathrow Windsor Marriott Leisure Club

Resistance Equipment
Low Row
Lat Pulldown
Multi Hip
Arm Curl
Arm Extension
Leg Extension
Total Abdominal
Shoulder Press
Leg Curl
Chest Press
Leg Press
Back Extension
Pectoral Machine
Radiant
Dip / Pull Up Machine
Arm Curl Bench
Free Weight Benches
Dumbbells / Barbells
Smith Machine
Swiss Balls
Ab Curlers
Exercise Mats
9 Treadmills
5 Upright bikes
4 recumb bikes
3 rowers
1 stepper,
6 cross trainers.