

## Fitness Centre Equipment Details

### Cardio Machines

Treadmill	3
Elliptical	3
Cross over	2
Ben over bike	1
Strength Bike	1

### Multi Gym Machine

Lateral Press	1
Abdominal Crunch	1
Chest Press	1
Shoulder Press	1
Leg Curl	1
Leg Extension	1
Leg Press	1
Kinesis	1
Dumbbells	1
Swiss Ball	1

Courtyard by Marriott Kochi Airport Hotel,  
VIP road, Opp.Kochi International Airport,  
Nedumbassery, Vappalassery P.O. Kochi 683572  
Government tax as applicable.