

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

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Government taxes as applicable

Leg Press	1
Kinesis	1
Pendulum	1
Dumbbells	12
Swiss Ball	2
Disc	1
Water ball	4
Medicine ball	2
Air ball	2
Balance Pud	1
Stability Disc	1
Foam Roller	1
Kettle Blocks	1
Twin Clubs	1

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