



BALLYFIN



Fitness Room

The gym is fully equipped with the latest cardio vascular machines and free weights. A personal training service is available on request.

The following equipment is available:-

2 FreeMotion Incline Trainer with Work out TV consoles

1 FreeMotion Strider

1 FreeMotion IC 11.5 indoor cycle

1 Concept 2 Rower, model D

1 FreeMotion EPIC F/W Adjustable Bench

1 FreeMotion EPIC F/W Olympic Plate & Bar Rack

1 JDN 5ft Chrome Bar

1 JDN Olympic EZ Curl Bar

A Selection of Jordan Free weights and studio accessories including:

2 Jordan Curved Focus Mitt (Leather) Pair

2 Jordan Punch Mitt (pair)

2 Reebok steps

2 JDN Prof Fit Ball -65cm

4 JDB Stretch Mats

BSW Everroll Performance floor

Yoga Mats

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