



GYM EQUIPMENT



ABOUT FITNESS AT THE GLENVIEW LEISURE CLUB

- The Glenview Health and Leisure Club boasts a fully equipped gym with over 50 pieces of Technogym Cardio and Resistance Training Machines.
- Our team of qualified and experienced fitness instructors are available to work closely with you and motivate you to ensure you get the best out of your fitness programme in order to achieve your desired goals.
- We offer personalised fitness assessments and a wide range of gym programs.
- Our gym contains the following equipment,
 - Group Fitness
 - Cardio Training
 - Crossfit Friendly
 - Diet Nutrition
 - Weight Control
 - Personal Training



Equipment

Cardio

- Technogym Run 700 Treadmills
- Technogym 700 series upright bikes
- Technogym 700 series recumbent bike
- Technogym handcycle
- Technogym Cross Trainers
- Technogym Wave Trainer
- Assault Bike
- Concept 2 rowers with variable resistance
- Technogym Excite Cross Trainers
- Technogym Excite upright and recliner bikes
- Technogym Excite stepper
- Stairmaster Stepper
- Bike Erg, Ski Erg and Assault Bike

Conditioning

- Kettle bells
- Slam balls
- Battle ropes
- Medicine balls
- Stability balls
- Weighted Sand Bags

Strength Training

- Full range Technogym resistance training machines to work upper and lower body
- Well-equipped free weights training area
- Olympic Bars and Bumper Plates

