

# Our Gym Equipment & Facilities at a glance



CARDIO MACHINES	MACHINE WEIGHTS AND PULLEYS	
10 Treadmills 1 Wood way curve running machine 2 Stairmasters 25 Spin bikes, 3 Watt Bikes and 1 assault bike 5 Cross Trainers 3 Rowing machines 1 Skier 1 Power plate 3 Rehab bikes (1 Wheel chair Friendly)	<b>Cable machines</b> Pulley Leg Press Chest Press Lat Pulldown Low Row Leg Extension	<b>Plate loaded Machines</b> Back extension Calf raise Chest press Low Row Shoulder press Rear Kick Leg Press

CAGES AND KEISER MACHINES	OTHER FLOOR EQUIPMENT
2 Platforms in main gym Smith machine Technogym Squat rack 7 Benches on Floor 2 Bench press 1 inverted row bench Keiser machine Leg curl/Squat rack/Pulley	TRX area (3) Kettle bells from 2kg-24kg Dumbbells from 2kg-50kg Jump Boxes various heights Stretching zone equipped with mats/bands/ Foam rollers and Skipping ropes.

STUDIO AND SPIN ROOM
21 Bikes in our Spin room with total privacy and internal sound system Fully equipped Studio for our extensive class timetable 20 cardio mats 20 sets of gloves and pads for Box fit 18 Steps for our Pump classes 10 Slam balls ranging in weight up to 12kg TRX zone 2 Fully loaded pump racks with 40 bars and weight varying from 2.5kg to 10kg

HIGH PERFORMANCE GYM	OTHER AREAS AND EQUIPMENT
5 squat rack platforms 6 Benches Back Extension Reverse Hyper Jump Boxes various heights Med balls Aerobic mats A perfect spot for Teams and some of our Classes	Fully equipped Sports Science Lab Alter G running Machine Testing Available in VO2 and other areas <a href="#">World class Indoor Running Track</a> (Click to view Facilities) AIT Running Club Junior/Senior All Weather Pitch Outdoor Running Track Football & Hurling Training & Match Pitch

**All your training needs catered for & more**

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