



(West) Track

Group Exercise Room "B"

Fitness Testing Office

CARDIO THEATER 2

Elevator

Atrium (opening to ground Floor)

CARDIO THEATER 3

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(North) Track →

Bathrooms

(South) ← Track

LifeFitness Circuit Series

Free Weight Area

Free Weight Area

Room "A"

Pool

Gymnasium

Fitness Desk

CARDIO THEATER 1

Track -> (East)

W  
O  
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- |                   |                  |                    |                  |                 |                   |                  |                   |                |                |                |                    |                |                    |                  |                 |                |             |    |              |
|-------------------|------------------|--------------------|------------------|-----------------|-------------------|------------------|-------------------|----------------|----------------|----------------|--------------------|----------------|--------------------|------------------|-----------------|----------------|-------------|----|--------------|
| 22                | Cybox wrist /ext | 1                  | Cybox Leg Press  | Cybox Leg Ext   | Cybox Leg Curl    | 27               | Cybox Torso Twist | 9              | Cybox Hip Add  | 7              | Cybox Hip add      | 40             | Hammer Bicep Curl  | 21               | Sh Rot          |                |             |    |              |
| 12                | Cybox Lat Pull   | 13                 | Cybox Seated Row | 14              | Cybox Chest Press | 16               | Cybox Chest Fly   | 18             | Cybox Sh Press | 19             | Cybox Sh Lat Raise | 23             | Cybox Tricep Press | Cybox Bicep Curl | Cybox Ab Crunch | Cybox Back Ext |             |    |              |
| Hoist Torso Twist | Hoist Chest Pres | Hoist Lat Pulldown | Hoist Seated Row | Hoist Sh. Press | Hoist Seated Dip  | Hoist Bicep Curl | Hoist Leg Ext     | Hoist Leg Curl | Hoist Leg Curl | Hoist Leg Curl | Hoist Leg Curl     | Hoist Leg Curl | Hoist Leg Curl     | Hoist Leg Curl   | Hoist Leg Curl  |                |             |    |              |
| 30                | LF Leg Ext       | 31                 | LF Leg Curl      | 32              | LF Lat Puldo      | 33               | LF Pec Fly/Rea    | 34             | LF Chest Press | 35             | LF Sh Press        | 36             | LF Tricep Ext      | 37               | LF Bicep Curl   | 38             | LF Back Ext | 39 | LF Ab Crunch |

- |                        |                           |
|------------------------|---------------------------|
| Assisted Pull Up/ Dips | Cybox Modular Cable Cross |
| Assisted Pull up/ Dips | Cybox Modular Seated Row  |

Lifefitness Modular Pulley

Hoist Calf Extension

LifeFitness Leg Press

Free Motion Cable Cross

Squat Rack

- TV2
- TV
- TV
- TV
- TV
- TV
- TV
- TV
- TV

- |               |           |               |             |
|---------------|-----------|---------------|-------------|
| Lat Pull Down | Ab Crunch | Cybox Modular | Chest Press |
| Multi Use     |           |               |             |

Stairs →

Dumb Bell Rack

Dumb Bell Rack

NU Step 712,292

TV  
TV  
TV

UBE (Hand bike)

Tread mill

Tread mill

Precor

Precore

Elliptical

Leg Lift  
Leg Ext  
Leg Curl

Ab Roller Bench

Ab Roller Bench

Ab Roller Bench

Cybox Calf Raise

Hack Squat

Multi Hip

Seated Calf Ext

Rower  
Stretch  
Rower

51 Hammer Inc Press

52 Hammer Chest Press

53 Hammer Sh Press

Stair Climber

Stair Climber

Stair Climber

Stair Climber

Recumbent Bike

Recumbent Bike

Recumbent Bike

Assault Bike

Assault Bike

Nu Step

49 Hammer High Row

48 Hammer Ab Crunch

Stair Climber

Stair Climber

Stair Climber

Stair Climber

Recumbent Bike

Recumbent Bike

Upright Bike

Upright Bike

Stair Stepper

43 Hammer Leg Ext

42 Hammer Seated Row

41 Hammer Tricep Ext

50 Hammer Front Pulldown

Hammer Front Pulldown

Hammer Front Pulldown

Hammer Front Pulldown

Hammer Front Pulldown

Hammer Front Pulldown

Hammer Front Pulldown

Hammer Front Pulldown

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