

HOTEL GYM MENU



TREADMILLS

- Cardiovascular workouts
- Adjustable speeds and inclines
- Personal TV screens



STRENGTH EQUIPMENT

- Weight machines
- Targeting various muscle groups
- Instructional placards



FREE WEIGHTS

- Dumbbells, barbells, benches
- Wide range of weights



EXERCISE CLASSES

- Yoga, Pilates, spinning & more
- Experienced instructors