



Stokesley Leisure Centre

Revised Gym Layout

HAMBLETON
DISTRICT COUNCIL

hambleton.gov.uk/zest

FREE WEIGHTS

- 1 1 x Urethane Dumbbells
- 2 1 x Chromed Dumbbells
- 3 2 x Adjustable Benches
- 4 1 x Dumbbells Rack
- 5 1 x Olympic Rack
- 6 1 x Disk Rack

STRENGTH

- 7 1 x Lat Machine
- 8 1 x Abductor
- 9 1 x Low Row
- 10 1 x Leg Curl
- 11 1 x Leg Extension
- 12 2 x DAP (only 1 person permitted to use at a time)

WELLNESS TOOLS

- 13 1 x Stretching Mat

CARDIOVASCULAR

- 14 3 x Treadmills
- 15 1 x Recline Cycle
- 16 1 x Climb
- 17 1 x Synchro
- 18 1 x Vario
- 19 2 x Upright Cycles
- 20 1 x Rower
- 21 1 x Top (arm bike)

✗ UNAVAILABLE

Free Weights
1 x Adjustable Bench
1 x Scott Bench

Strength
1 x Multipower
1 x Chest Press
1 x Shoulder Press
1 x Leg Press
1 x Kneeling Easy Chin Dip
Functional
1 x Omnia 3 Multiangle
All functional training equipment

Cardiovascular
1 x Rower
1 x Synchro
1 x Varios
1 x Recline Cycle
1 x Upright Cycle
2 x Treadmills
1 x Climb
Wellness Tools
Tanita Scales
Unity Self Excite+

