

NEW GYM NEW TIMETABLE

See reverse for details

Welcome to one of the first and best TechnoGym Unity sites in the South East...

We are pleased to announce that our new fully equipped, state-of-the-art gym and free weights room are now open!

Come along and see what we have on offer.

**NOW
OPEN**

Bespoke TVs with full internet access - login to Facebook, Twitter, watch YouTube, catch up on your emails, run along virtual routes...

FREE ONE DAY PASS

Enjoy all our facilities for a day on us, visit www.uplandssportscentre.co.uk for a free voucher!



OUR NEW KIT INCLUDES:

RESISTANCE:

- 1 x Dual Adjustable Pulley
- 1 x Adductor
- 1 x Abductor
- 1 x Leg Extension
- 1 x Leg Curl
- 1 x Leg Press
- 1 x Chest Press
- 1 x Shoulder Press
- 1 x Vertical Traction
- 1 x Low Row
- 1 x Pectoral Machine
- 1 x Olympic Half Rack
- 1 x Kneeling Easy Chin Up
- 1 x Ercolina Rehab

CARDIO:

- 6 x Treadmill Now
 - 2 x Synchro Cross Trainer
 - 1 x Crossover Cross Trainer
 - 4 x Upright Bike
 - 2 x Recline Bike
 - 2 x Vario Cross Trainer
 - 17 x Group Cycle Bike*
- (*delivery summer 2015)



For more details, and to book your free trial of the new gym, please call:

01892 782136