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north island
SEYCHELLES



NORTH ISLAND

GYM



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On the eastern side of North Island, above the swimming pool and nestled into the side of the mountain, is a 10 x 6m air-conditioned gym. This indoor area includes space for stretching, cardiovascular and weight training, while an additional stretching area on the outside deck is also suitable for the yoga enthusiast. Overlooking the aquamarine waters of the Indian Ocean, the facility incorporates a circumference of glass, framing some of the most spectacular views on the Island.

GYM EQUIPMENT INCLUDES:

- 2 x Technogym Treadmills – Excite Run Inclusive model
- 1 x Technogym Stationary Bicycle – Excite Bike Med model
- 1 x Technogym Kinesis Class (for toning and weight training)
- 1 x Technogym Crossover – Excite Cardio Step model
- 1 x Technogym Elliptical Trainer – Excite Cardio Wave model
- 1 x Technogym Pure Strength Rack with Plates and Bench
- 2 x Technogym Spinning Bicycles

THE EXERCISES THAT CAN BE DONE ON THE KINESIS CLASS INCLUDE THE FOLLOWING:

- Upper Body – Chest Press, Row, Arm Extension, Arm Curl
- Trunk – Trunk Rotation, Downward Trunk Rotation, Upward Trunk Rotation
- Lower Body – Squat, Lunge

FREE WEIGHTS / DUMBBELLS:

- 1 pair of each size – in Kilograms: 2, 3, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26, 30, 32

ACCESSORIES:

- 3 x Technogym Adjustable Benches
- 2 x Medicine Balls – 3, 5kg Title
- 2 x Technogym Wellness Balls
- 1 x Technogym Wobble Board
- 2 x Technogym Pro-Form Mats
- 2 x Yoga Mats



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