

## The Fit Rooms

### Excellent facilities



**Join a sports team, use the gym or sign up to a fitness class!**

The Fit Rooms offer the latest fitness equipment in three different areas; the Fit Hall, the Fit Studio and the Fit Gym.

We want to encourage everyone to have the opportunity to take part in competitive, recreational and alternative sports and our sports facilities allow you to get involved in as much as possible.

#### **The Fit Studio and Fit Gym**

Includes state-of-the-art functional training equipment that you would normally find in commercial gyms. These include TRX suspension belts, balance boards, medicine balls and spin bikes.

Open to college students and the general public, gym users not only have access to fantastic facilities, there is also access to personal trainers at only a fraction of the cost found in other gyms.

More than just a gym membership!