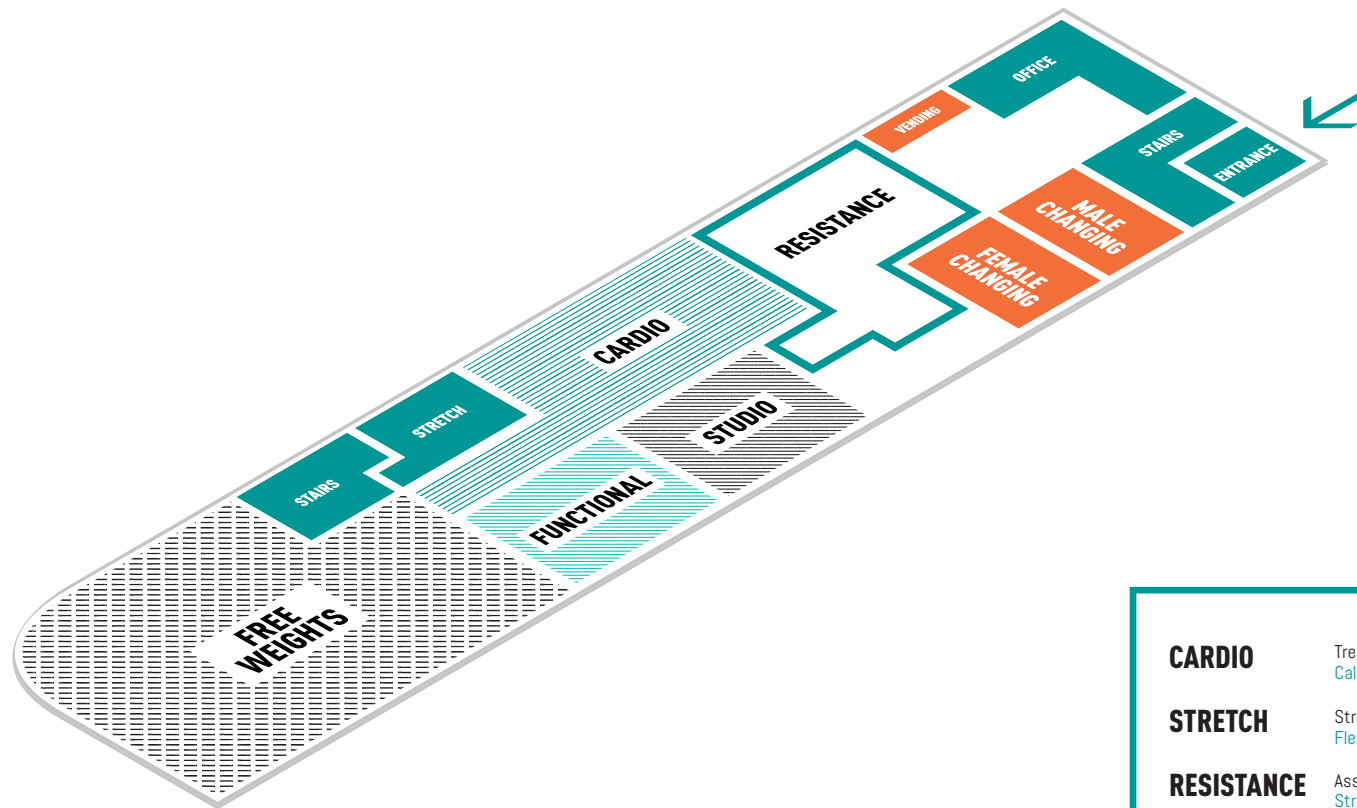


BICESTER FLOORPLAN



CARDIO	Treadmills, rowing machines, cross trainers Calorie burning
STRETCH	Stretching mats, light weights Flexibility and toning
RESISTANCE	Assisted weight machines Strength and muscle building
WEIGHTS	Free weights Strength and muscle building
FUNCTIONAL	Activity area Strength, endurance and calorie burning
STUDIO	Classes Range of exercises

