

Health Club | Cardio & Womens Training

The Health Club at the Macquarie University Sport and Aquatic Centre includes cardio and strength equipment like treadmills, stairmasters, and weights, plus a cycling studio, free weights area, and women's workout space. It also has accessible elevator access between levels.



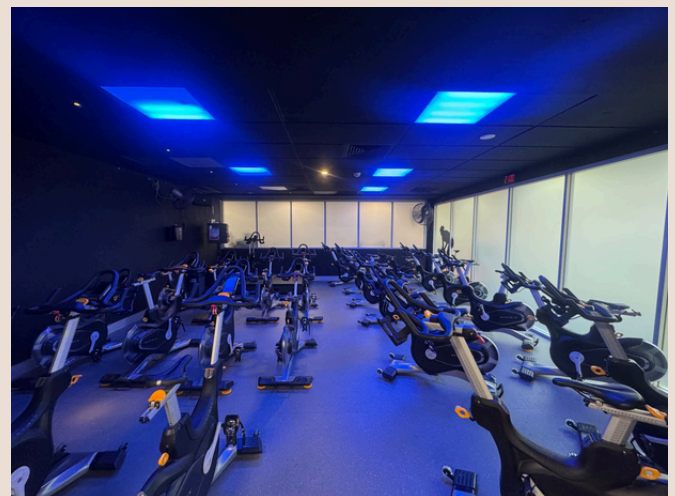
Stairs from **level 2 to level 1** (lift access also available)



Walkway through to gym. Door 1.5m wide.
Level 1



Treadmills and other machines upon first entrance



Cycle room



Womens space that includes machines as well as weights.



Sounds

- Music
- Treadmills/work out machines in use
- People talking
- Fans
- People cycling

Smells

- Sweat (if close to others)
- Cleaning products
- Indoor Metallic objects

Feel

- Elevated heart rate
- Fan blowing on you

Sight

- Cardio equipment
- Fluorescent lights
- Lockers
- Outdoor gym area

Health Club | Weights room

The weights room at the Macquarie University Sport and Aquatic Centre has weights, benches, and resistance machines for strength training. It includes both free weights and machines, suitable for all fitness levels.



Weights room with many machine for use.



Sliding door through to outdoor space.



Machines and ropes for use outdoors



Grass space for use outdoors with tires.



Courtyard space with access to more outside machines and equipment

Sounds

- Sounds of weights hitting the floors
- Treadmill running
- Different machines being in use
- Instructors talking

Smells

- Sweat (if close to others)
- Cleaning products
- Rubber mats on ground
- Metal

Feel

- Elevated heart rate
- Sweat

Sight

- A variety of gym equipment