

UNG Gainesville
Hugh Mills PE Complex

Fitness Center Map

KEY

- Cardio
- Machines
- Free Weights
- Extra Equipment

Mats/Yoga Balls

Glute Drive

Full Rack

Half Rack

Full Rack

Smith Machine

3 Rowing Machines

4 Spin Bikes

Inner/Outer Thigh Machine

Olympic Half Rack

Resistance Bands, Training Belts, Foam Rollers

Help Desk

Plyo Boxes

"The Rig" – Kettle Bells, Jump Ropes, Boxing Bag, etc.

↓ Door ↑

Leg Press

2 HIIT Mills

2 Air Runners

Hack Squat

3 Cables & Accessories

Lat Pull/Row Machine

Chest Fly Machine

Chest Press Machine

Leg Extension Machine

Hamstring Curl Machine

Leg Press Machine

Seated Bench

Seated Bench

2 Low Back Machines

Benches

Benches

Benches

Decline Ab Bench

Preacher Curl

Dumbbell Stand

2 Dumbbell Racks

Dumbbell Stand

Wall Divider

4 Treadmills

2 Arc Trainers

3 Ellipticals

2 Stair Steppers

2 Seated Bikes

If you need this document in another format, please contact Kristi Shiver at Kristi.Shiver@ung.edu.