

Exercise Equipment Included in Neuroscience Weight Room

Cardiovascular

2 Treadmills
2 Recumbent Bikes
1 Stair Stepper

Strength

Free Weights
Multi-use Weight Machine
Incline Bench

Other Features

Aerobic Step with Risers
Stretching Mats
Ballet Bar
Scale
TV and Radio



All **UNC Health Care employees** are eligible to exercise in the Neuroscience Weight Room for **FREE!**

The weight room is open **24 hours / 7 days a week** except during patient hours.

Contact **Dianne Olmos** – 966-9967, dolmos@unch.unc.edu - **to gain badge access.**