

Renovation of LG4 Fitness Center Partially Closure of the Integrated Zone (Outer Zone Area)

The LG4 Fitness Center will undergo renovation work to install additional free weight equipment and remove existing worn-out fitness training equipment. The renovation work will take place from 20 Dec to 29 Dec 2023. During the renovation period, the free weight training area will remain open while the outer zone area will be closed.

Please refer to the appendix for the new floor plan of outer zone area after renovation.

We will work with the contractors to minimize the inconvenience caused. Your kind understanding and cooperation will be highly appreciated!

Sports Development

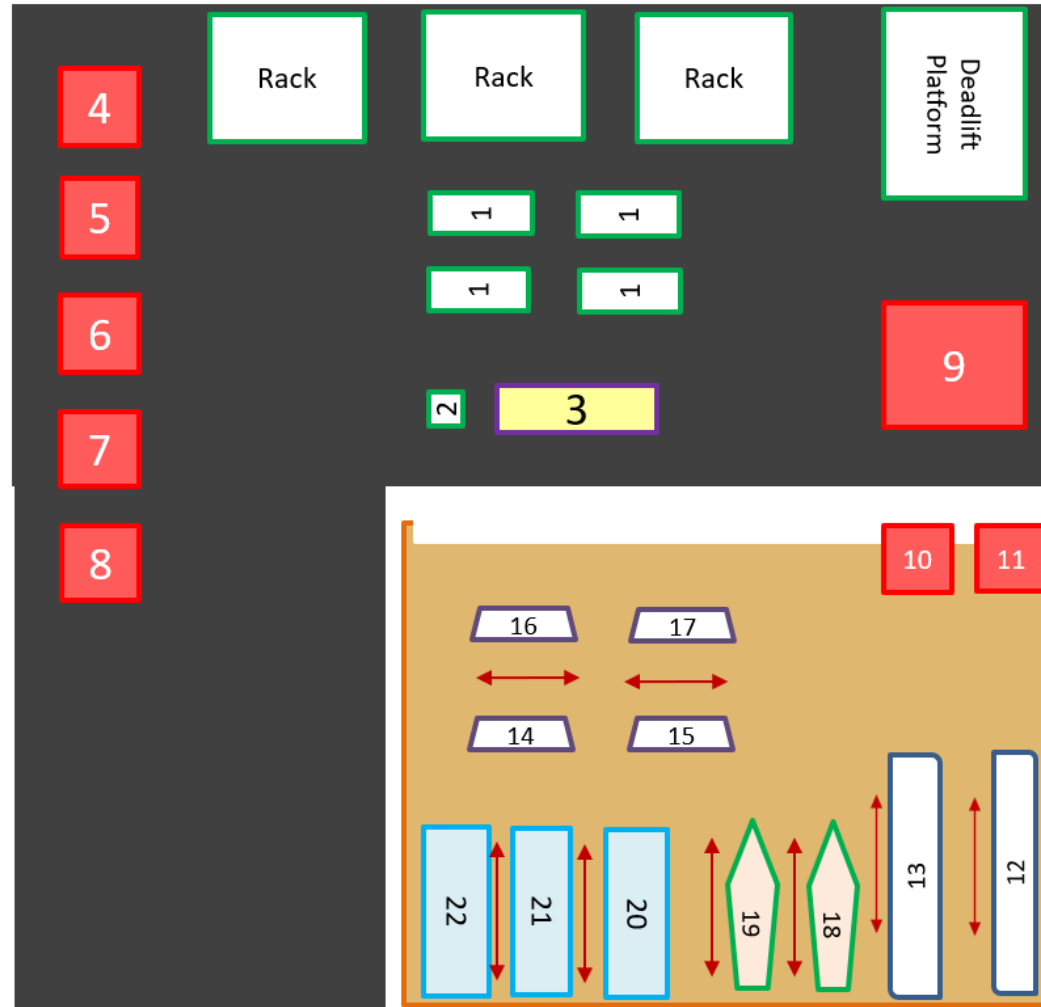
Dean of Students' Office

13 Dec 2023

LG4 Fitness Center – New Layout for Outer Zone Area

No	Equipment
1	Adjustable Bench
2	Barbell Storage Stand
3	Dumbbell Rack
4	Leg Extension
5	Rotary Hip
6	Leg Press
7	Leg Curl
8	Crunch Machine
9	4-Stack Multi Station
10	Pectoral Fly
11	Chest Press
12	Rowing Machine
13	Rowing Machine
14	Recumbent Bike
15	Recumbent Bike
16	Recumbent Bike
17	Recumbent Bike
18	Elliptical
19	Elliptical
20	Treadmill
21	Treadmill
22	Treadmill

Items will be discarded	
1. Rowing Machine	1
2. Elliptical	1
3. Treadmill	1
4. Spinner Bike	2



Free Weight Training flooring

Treadmills
 Rowing Machines

Ellipticals

Bikes