

## GYMNASIUM



**Gymnasium was inaugurated by the Hon'ble Vice Chancellor Professor Ashok Aima, Central University of Jammu, at both the campuses i.e. Main Campus (Bagla) and TAB.**

**Incharge of the Gymnasium** - Dr. D.L. Choudhary

**Following equipments/machines are available at the Gymnasium:-**

- **Motorized Treadmill**



- **Olympic Declined Bench**
- **Olympic Inclined Bench**
- **Olympic Flat Bench**



- **Spin Bike Fly Wheel**



- **Recumbent Bike**



- **Free Weight & Dumbbells 400 Kg with 6-7 rods**
- **Gym Ball Nova 75**
- **Skipping Rope Prince**
- **Electrical Cross Trainer**
- **Yoga Mats**
- **8 Station Multi Gym**

### **Gym Timings (TAB)**

**For Boys - 04:00 PM to 07:00 PM**

**For Girls - 06:00 AM to 07:00 AM**