

## Rayat Shikshan Sanstha's

## Savitribai Phule Mahila Mahavidyalaya, Satara.

## **Indoor Facilities**

Sr.No	<b>Facilities</b>	Size
1	Gymnasium Hall with attached Office for Director of Physical Education	2166 sq. ft.
2	Store Room	100sq.ft
3	Two changing room	50sq.ft

## Features of gymnasium:

To ensure sound body and mind, students are motivated to give special attention on Health and mental fitness to provide the sources for this specific purpose College has

A availed well equipped ladies gymnasium with high quality equipments such as:

- Elliptical cross Trainer
- Recumbell bike
- Gym ball
- Treadmill 02
- Upright bike
- Spinning Bike
- Pee Fly Machine
- Lat. Pull down
- Leg curl extension combo
- Glute machine
- Leg Press Machine
- Seated Calf Machine
- Cable Cross Over
- Two Super Bench
- 200kg Dumbbells with rack twin tier 'weight machine
- Vertical Plate Tree
- Medicine Balls

Indoor games: Chess, Table Tennis, Carom, Yoga

Savitribai Phule Mahila Mahavidyalaya

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