

# Well-equipped Gym at Bhonsale Polytechnic



**(10 station multi exercise machine is seen at the newly opened BKC Gym of Bhonsale Polytechnic)**

**Sawantwadi:** A newly built ultramodern and well equipped body gym was inaugurated in the campus of Yashwantrao Bhonsale Polytechnic at the hands of Achyut Sawantbhonsale, executive chairman of Shri Yashwantrao Bhonsale Education Society. The gym was opened on the auspicious occasion of Saraswati Pujan on Thursday, 28<sup>th</sup> September 2017. Adv.Asmita Sawantbhonsale, Chairperson and Sanjeev Desai, Principal of Yashwantrao Bhonsale Polytechnic along with all the office bearers of Bhonsale

Knowledge City were present on the occasion.

Covering an area of 3000 square feet, the new gym features the latest equipment in fitness training. Motorized treadmills and up ride bikes will facilitate cardio vascular training. For weight training bench presses, barbells and dumbbells are provided. Newer machines like Cable Cross ver machine, Hack Squat Machine, Calf Raise Machine, Pec Dec Machine, Chest Press Machine, Assisted chin dip are also available in the gym.