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Robin T.Our Personal Trainers will benefit you by paying close attention to your exercise form, workout routine, and nutrition plan. Our diverse staff can help with aerobics room with step aerobic equipment and swiss balls; heavy bags, and the most extensive inventory of free weights and barbell training equipment in town Lifeline 5 to 50 pound Hex Rubber Dumbbell Set with 3-Tier Storage Rack. \$924.99. Sunny Health & Fitness 60 in Threaded Chrome Barbell Bar. 4.3(3). Your gym experience will never be the same ". Southside Barbell has it all. The staff, trainers and instructors are all very knowledgeable and friendly!! Best gym in ... For weights, dumbbells, barbells, weight lifting accessories & more visit Southside Fitness - Australia best supplier with the best prices. Shop now!. GYM IS NOW CLOSED This is the former South Side Gym of Stratford, CT. 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