

THE GALLOPS OUTDOOR FITNESS EQUIPMENT

13 total stations

5 static stations

8 moving stations

Tan coloured equipment ensures the gym blends well with any environment, and discourages very young children (which they are not designed for).

FREE SPACE WORKOUT ZONE

FLEXIBILITY ZONE

ANAEROBIC FITNESS ZONE

BALANCE & CO-ORDINATION ZONE



EXAMPLE SIGN

THE GALLOPS OUTDOOR FITNESS EQUIPMENT

WHAT'S IN YOUR GYM...

- 1 Pendulum & Twister
- 2 Stepping Posts
- 3 Balancing Tube
- 4 Shoulder Wheel
- 5 Butterfly
- 6 Chin Up & Dip
- 7 Shoulder Press
- 8 Elliptical Machine
- 9 Abs Bench
- 10 Spinning Bicycle
- 11 A2 Information Sign

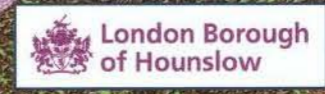
WELCOME TO YOUR OUTDOOR GYM

CONTACT INFORMATION
 COUNCIL CONTACT CALL XXXXXX IN CASE OF EMERGENCY CALL 999

Adur & Worthing councils
 Produced by *Proactive*

Our Urbanix Outdoor Gym will address the fitness needs and aspirations of a wide age demographic within the local community, providing the body with a complete workout and equally exercise all areas of the body.

AEROBIC FITNESS SUIT



We've transformed Avenue Park to provide top-notch sports and exercise facilities plus a range of existing new activities
 - Councillor Ed Mayne cabinet member of public health & leisure, Hounslow Council

THE DRAWING IS AN ARTISTIC REPRESENTATION OF THE PROPOSED GYM SITE AND SHOWS THE APPROXIMATE SCALE AND POSITION OF OUR PLAY ITEMS. THIS IS TO ENSURE ALL PLAY EQUIPMENT CAN BE VIEWED CLEARLY. REFER TO THE LAYOUT PLAN FOR EXACT EQUIPMENT LOCATION.