



# FITNESS TRAILS

by



**Greenfields**  
*Outdoor Fitness*

*Promoting Wellness & Fighting Obesity One Community at a Time.™*





# CLUSTERS

Go beyond the traditional fitness trail with Greenfields Outdoor Fitness equipment. Trailside exercise clusters multiply the trails' health benefits to users, enabling hikers, bikers and joggers to build strength and flexibility while they work on their cardio. Greenfields recommends placing clusters at trailheads for several reasons. First, those with mobility impairments who can't walk long distances will still be able to use all the stations; second, placing a cluster at a visible location - for instance, adjacent to the parking lot - increases usage; and third, a cluster enhances the social aspect of the fitness equipment, which in turn motivates users to work out for longer periods of time.

**ROTARY PARK, NEWARK, OH**



**THE TRACKS AT BREA, BREA, CA**



**IRVINE REGIONAL PARK, ORANGE, CA**





SGR2005-1-09  
SGR2005-1-48A  
SGR2005-1-104N  
SGR2005-1-105

**AREA 1 UNITS**

Single Cross Country Ski  
2-Person Chest Press  
4-Person Leg Press  
Customized Announcement Sign



SGR2005-1-19  
SGR2005-1-22  
SGR2005-1-48  
SGR2005-1-105

**AREA 2 UNITS**

2-Person Sit-Up Bench  
4-Person Pendulum Abs & Dips Station  
2-Person Lat Pull  
Customized Announcement Sign



SGR2005-1-19  
SGR2005-1-45  
SGR2005-1-47  
SGR2005-1-105

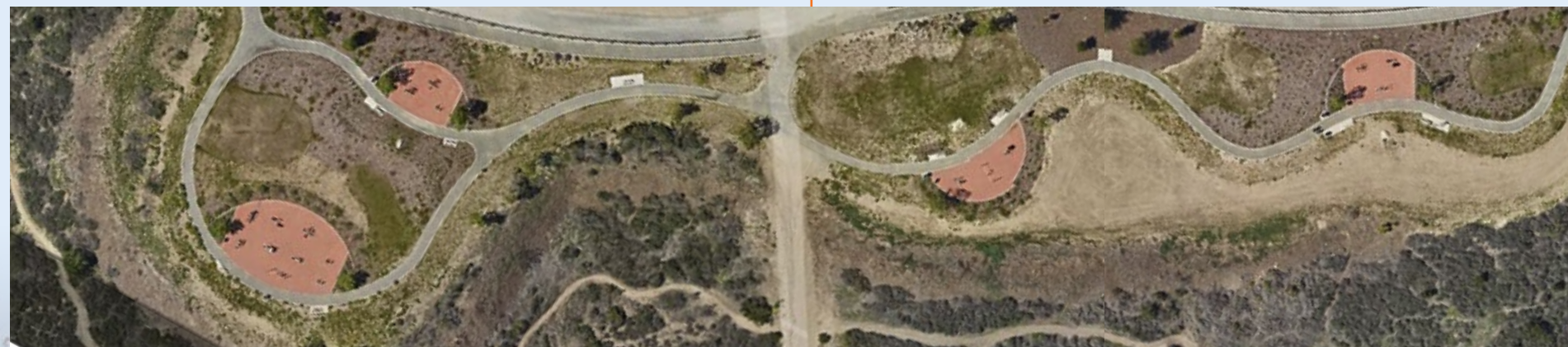
**AREA 3 UNITS**

2-Person Sit-Up Bench  
2-Level Horizontal Bars  
2-Person Vertical Press  
Customized Announcement Sign



## AREA 4 UNITS

SGR2005-1-09 (x2) Single Cross Country Ski  
SGR2005-1-19 2-Person Sit-Up Bench  
SGR2005-1-22 4-Person Pendulum, Abs & Dips Station  
SGR2005-1-45 2-Level Horizontal Bars  
SGR2005-1-47 2-Person Vertical Press  
SGR2005-1-48 2-Person Lat Pull  
SGR2005-1-48A 2-Person Chest Press  
SGR2005-1-104N 4-Person Leg Press  
SGR2005-1-105 Customized Announcement Sign





**MULTIGENERATIONAL, INCLUSIVE FITNESS** Greenfields' Professional Series with adjustable resistance provides the perfect opportunity for those of all ages to enjoy fitness together. The adjustable-resistance mechanism on each unit allows each user to tailor the difficulty level to their needs. The Louisville Arboretum created a unique fitness trail with five clusters along a trail, each cluster containing two units. Four clusters feature Professional Series units; the fifth (shown at right) features two units from Greenfields' Signature Accessible line, designed for users in wheelchairs to use without having to transfer.



# LOUISVILLE ARBORETUM,

**10 UNITS 10 USERS** LOUISVILLE, CO





# transforming trails



## ORANGE GROVE PARK

HACIENDA HEIGHTS, CA

**10 UNITS** **21 USERS**

"The exercise equipment ... was really crucial, and wanted by the community because they have no other opportunities to do this," says Sharn Stinson-Ure, landscape architect for the project.

Park users now have a wide range of exercise opportunities placed along a beautifully landscaped trail - an urban oasis blending both nature and fitness into an amenity for the whole community to enjoy.

