



Promoting Wellness & Fighting Obesity One Community at a Time.



ACTIVE SENIORS

Sourcewell 
Awarded Contract
Contract # 010721-GRN

STRENGTH

STRETCHING

AGILITY

ACTIVITIES

in a Greenfields gym

The ideal fitness solution for seniors, Greenfields' exercise equipment addresses core components of fitness to promote active, healthy lifestyles!



LOW-IMPACT STRENGTHENING

- ✓ Helps maintain muscle mass
- ✓ Assists in fighting obesity
- ✓ Operates using body-weight leverage resistance

STRETCHING

- ✓ Helps prevent injuries
- ✓ Assists in maintaining flexibility

AGILITY

- ✓ Reduces risk of falling
- ✓ Helps maintain range of motion
- ✓ Enhances ability to remain independent



"We're all getting a bit older, but the bottom line is we have to stay active, and we have to have the equipment that's designed to keep us active. I thank Greenfields for coming up with a great solution."

Fmr. California State Senator Lou Correa



watch the whole interview at greenfieldsfitness.com/santa-ana-senior-ctr.html



Signature Accessible™ Senior Package 1



UNITS: 11	USERS: 28	45' x 45' Required Dimensions*
SGR2005-1-19		2-Person Incline Sit-Up Bench
SGR2005-1-21		4-Person Lower Body Combo
SGR2005-1-22		4-Person Pendulum, Abs & Dips Station
SGR2005-1-26		2-Person Cross-Country Ski
SGR2005-1-42		2-Person Back & Arms Combo
SGR2005-1-47-W		2-Person Accessible Vertical Press
SGR2005-1-48-W		2-Person Accessible Lat Pull
SGR2005-1-48A-W		2-Person Accessible Chest Press
SGR2005-1-48E-W A		2-Person Combo Butterfly & Reverse Fly Config. A
SGR2005-1-48E-W B		2-Person Combo Butterfly & Reverse Fly Config. B
SGR2005-1-104N		4-Person Leg Press
SGR2005-1-105		Customized Announcement Sign

*Layout can be configured to fit available space - contact Greenfields for more details

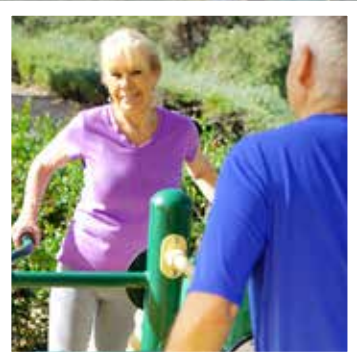


FEATURED PROJECT

Anaheim Senior Center - Anaheim, CA

It doesn't take a lot of space to create a fun, low-impact outdoor fitness center! Seniors in Anaheim, California asked for a gym similar to ones they'd seen in neighboring communities. The city responded with a beautiful 11-unit fitness zone accommodating 28 people – and even included five stations for wheelchair users. Situated between the senior center and youth center, the gym can be used by a wide variety of ages. Shade structures help keep users cool, and concrete surfacing provides easy navigation for those in wheelchairs.

Fitness in the FRESH AIR



"My husband and I come here at least 4 days a week. It's really nice to come here and feel like you're part of a bigger and broader community. We appreciate it very much."

- Marjorie Fairbanks, community member



watch the whole interview at greenfieldsfitness.com/grijalva-park.html



Large Signature Accessible™ Sample Package



UNITS: 14	USERS: 37	68' x 58' Required Dimensions
SGR2005-1-21		4-Person Lower Body Combo
SGR2005-1-22		4-Person Pendulum, Abs & Dips Station
SGR2005-1-26		2-Person Cross-Country Ski
SGR2005-1-47-W		2-Person Accessible Vertical Press
SGR2005-1-48-W		2-Person Accessible Lat Pull
SGR2005-1-48A-W		2-Person Accessible Chest Press
SGR2005-1-48E-W A		2-Person Accessible Combo Butterfly Config. A
SGR2005-1-48E-W B		2-Person Accessible Combo Butterfly Config. B
SGR2005-1-77		8-Person Linear Combo
SGR2005-1-91		Rowing Machine
SGR2005-1-104N		4-Person Leg Press
SHP2009-5-03 (x2)		Single Elliptical
SHP2009-7-24		Plyometric Steps (set of 3)
SGR2005-1-105		Customized Announcement Sign

*Layout can be configured to fit available space - contact Greenfields for more details



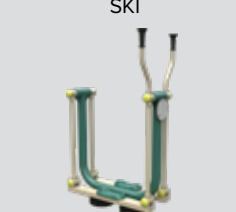
LEGACY SERIES

SGR2005-1-04
TAI-CHI SPINNERS



Users: 2
Exercises: 1

SGR2005-1-09
SINGLE CROSS-COUNTRY SKI



Users: 1
Exercises: 1

SGR2005-1-21
4-PERSON LOWER BODY COMBO



Users: 4
Exercises: 5

SGR2005-1-22
4-PERSON PENDULUM, ABS, & DIPS STATION



Users: 4
Exercises: 4

SGR2005-1-23
2-PERSON AIR WALKER



Users: 2
Exercises: 1

SGR2005-1-04-W
ACCESSIBLE TAI-CHI SPINNERS



Users: 2
Exercises: 1

SGR2005-1-47-W
ACCESSIBLE VERTICAL PRESS



Users: 2
Exercises: 4

SGR2005-1-48-W
ACCESSIBLE LAT PULL



Users: 2
Exercises: 4

SGR2005-1-48A-W
ACCESSIBLE CHEST PRESS



Users: 2
Exercises: 4

SGR2005-1-48C-W
ACCESSIBLE LAT PULL & VERTICAL PRESS



Users: 2
Exercises: 4

SGR2005-1-26
2-PERSON SKI



Users: 2
Exercises: 1

SGR2005-1-42
2-PERSON BACK & ARMS COMBO



Users: 2
Exercises: 3

SGR2005-1-46
4-PERSON TWISTING STATION



Users: 4
Exercises: 2

SGR2005-1-47
2-PERSON VERTICAL PRESS



Users: 2
Exercises: 2

SGR2005-1-48
2-PERSON LAT PULL



Users: 2
Exercises: 2

SGR2005-1-48E-W
ACCESSIBLE BUTTERFLY & REVERSE FLY



Users: 2
Exercises: 2

SHP2009-7-21
ACCESSIBLE HAND CYCLE



Users: 1
Exercises: 1

UBX-244-W
ACCESSIBLE TRICEP PRESS



Users: 1
Exercises: 1

UBX-247-W
ACCESSIBLE VERTICAL PRESS



Users: 1
Exercises: 1

SGR2005-1-48A
2-PERSON CHEST PRESS



Users: 2
Exercises: 2

SGR2005-1-48C
COMBO LAT PULL & VERTICAL PRESS



Users: 2
Exercises: 2

SGR2005-1-48E
COMBO BUTTERFLY & REVERSE FLY



Users: 2
Exercises: 2

SGR2005-1-91
ROWING MACHINE



Users: 1
Exercises: 1

U.S. Patent No. 9,079,069

**SIGNATURE
ACCESSIBLE™**

UBX-248-W
ACCESSIBLE SHOULDER PRESS



Users: 1
Exercises: 1

UBX-286
2-PERSON ACCESSIBLE SHOULDER WHEEL



Users: 2
Exercises: 1

SGR2005-1-98
LEG EXTENSION



Users: 1
Exercises: 1

SGR2005-1-104N
4-PERSON LEG PRESS

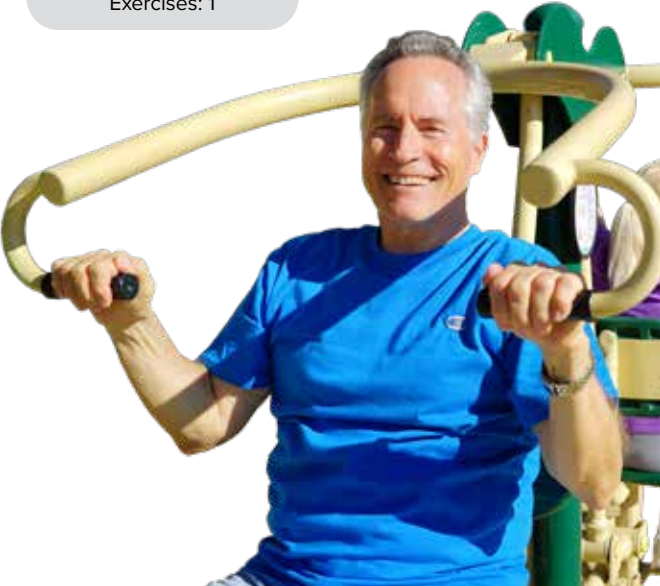


Users: 4
Exercises: 2

SHP2009-5-03
SINGLE ELLIPTICAL



Users: 1
Exercises: 1



PROFESSIONAL SERIES

with adjustable resistance



UBX-208 BUTTERFLY  Users: 1 Exercises: 1	UBX-211 AB TONER  Users: 1 Exercises: 1	UBX-215 LEG PRESS  Users: 1 Exercises: 1	UBX-217 SQUAT  Users: 1 Exercises: 1	UBX-218 INNER THIGH ADDUCTOR  Users: 1 Exercises: 1
UBX-221 BACK EXTENSION PRO  Users: 1 Exercises: 1	UBX-222 SINGLE TAI-CHI  Users: 1 Exercises: 1	UBX-223 SIT-UP BENCH  Users: 1 Exercises: 1	UBX-244 TRICEP PRESS  Users: 1 Exercises: 1	UBX-244-W ACCESSIBLE TRICEP PRESS  Users: 1 Exercises: 1
UBX-246 CHEST PRESS  Users: 1 Exercises: 1	UBX-247 VERTICAL PRESS  Users: 1 Exercises: 1	UBX-247-W ACCESSIBLE VERTICAL PRESS  Users: 1 Exercises: 1	UBX-248 SHOULDER PRESS  Users: 1 Exercises: 1	UBX-248-W ACCESSIBLE SHOULDER PRESS  Users: 1 Exercises: 1
UBX-255 ARM CURL  Users: 1 Exercises: 1	UBX-258 HIP TWIST  Users: 1 Exercises: 1	UBX-286 2-PERSON ACCESSIBLE SHOULDER WHEEL  Users: 2 Exercises: 1	UBX-287 SINGLE HAND BIKE  Users: 1 Exercises: 1	UBX-288 SINGLE RECUMBENT BIKE  Users: 1 Exercises: 1
UBX-289 SINGLE UPRIGHT BIKE  Users: 1 Exercises: 1	UBX-290 ROWER  Users: 1 Exercises: 1	UBX-292 STEPPER  Users: 1 Exercises: 1	UBX-293 BENCH PRESS  Users: 1 Exercises: 1	UBX-298 LEG EXTENSION & CURL  Users: 1 Exercises: 1

SGR2005-1-14 2-PERSON DIPS STATION  Users: 2 Exercises: 2+	SGR2005-1-15 2-PERSON PUSH-UPS & DIPS STATION  Users: 2 Exercises: 3+	SGR2005-1-19 2-PERSON INCLINE SIT-UP BENCH  Users: 2 Exercises: 4	SGR2005-1-44 ASSISTED BALANCE WALK  Users: 1 Exercises: 1		
FUNCTIONAL FITNESS				SHP2009-7-29 POMMEL HORSE  Users: 1 Exercises: 1	SHP2009-7-30 BALANCE STEPS  Users: 1 Exercises: 1



At Greenfields Outdoor Fitness, we believe that exercise can bring people together!

We believe fitness can be fun, and that it should be free.

We believe that it should bring us back into the outdoors, where we first experienced it as children.

Call us today and let us help you create a fitness experience that seniors will love.

**fun & fitness
at any age.**

