



FITNESS TRAILS

by  **Greenfields**
Outdoor Fitness
Promoting Wellness & Fighting Obesity One Community at a Time.™



Sourcewell 

Awarded Contract

Contract #010721-GRN

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

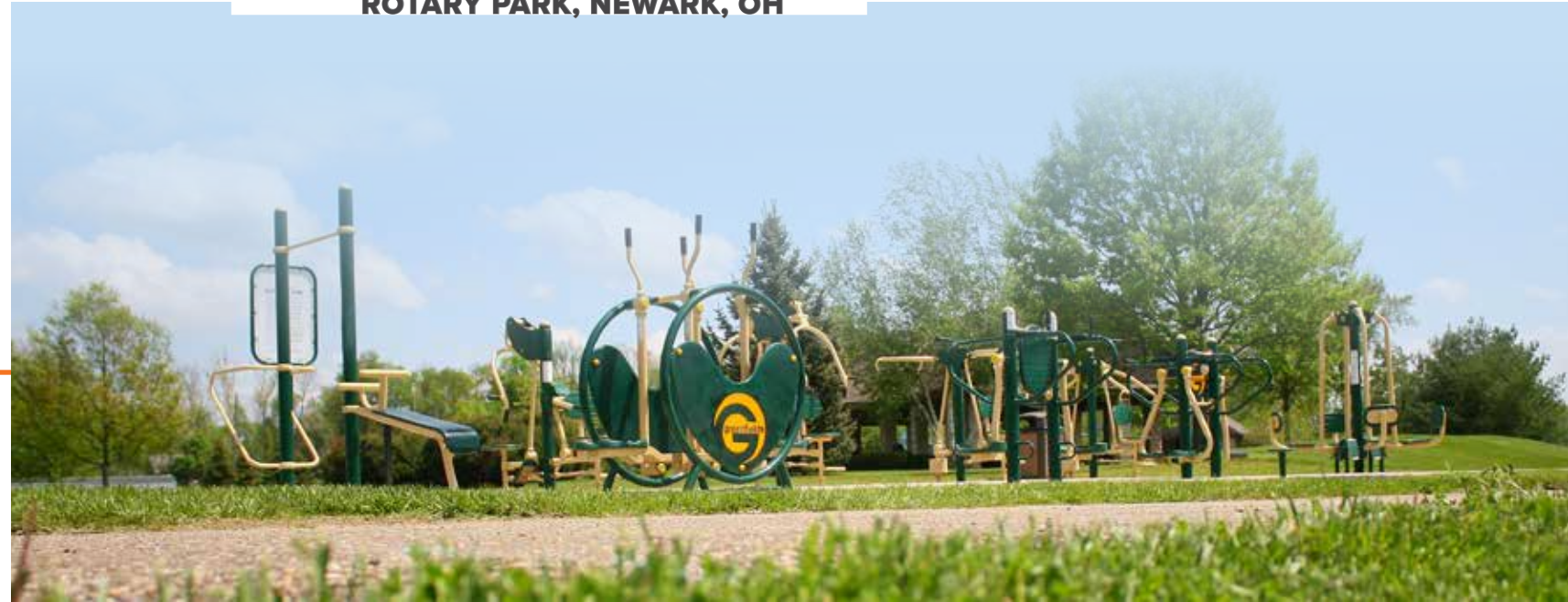
build strength and flexibility while they work on their cardio. Greenfields recommends placing clusters at trailheads for several reasons. First, those with mobility impairments who can't walk long distances will still be able to use all the stations; second, placing a cluster at a visible location - 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.



THE TRACKS AT BREA, BREA, CA



ROTARY PARK, NEWARK, OH



IRVINE REGIONAL PARK, ORANGE, CA



Greenfields' units are designed to accommodate the majority of users age 14 and above; however, due to the nature of outdoor fitness equipment, units are "one size fits most."

FEATURED PROJECT

KENNETH HAHN EASTERN RIDGELINE TRAIL, LOS ANGELES, CA

18 UNITS 41 USERS



AREA 1 UNITS

SGR2005-1-09 Single Cross Country Ski
SGR2005-1-48A 2-Person Chest Press
SGR2005-1-104N 4-Person Leg Press
SGR2005-1-105 Customized Announcement Sign



AREA 2 UNITS

SGR2005-1-19 2-Person Sit-Up Bench
SGR2005-1-22 4-Person Pendulum Abs & Dips Station
SGR2005-1-48 2-Person Lat Pull
SGR2005-1-105 Customized Announcement Sign



AREA 3 UNITS

SGR2005-1-19 2-Person Sit-Up Bench
SGR2005-1-45 2-Level Horizontal Bars
SGR2005-1-47 2-Person Vertical Press
SGR2005-1-105 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



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.

