

TRANSFORMATIONS

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



With Greenfields, nearly any outdoor space can be turned into a fun, accessible outdoor gym. Unused tennis courts, outdated playgrounds, parking lots, and even abandoned swimming pools can be easily repurposed and filled with fantastic fitness equipment that the whole community will enjoy! View some of Greenfields' recent transformations of dormant spaces, then call us at 888-315-9037 to find out how to do the same for your community.

REVIVE A DORMANT SPACE

The Simms Park fitness area in Bellflower, CA is a prime example of the capability of outdoor gyms to transform unused spaces into dynamic, community-building outdoor environments. Previously, the space contained a rarely-used structure housing shuffleboard courts. The derelict building had become a hideout that fostered negative activities such as drug and alcohol abuse. Once the building was torn down and Greenfields' fitness equipment installed, the negative elements vanished, replaced by people of diverse ages, backgrounds, and fitness levels pursuing healthier lifestyles. "When you compare the park before and after, it's really helped us to create a more inviting environment," says Bellflower parks director PJ Mellana.

SIMMS PARK | BELLFLOWER, CA

30 UNITS 61 USERS

BEFORE

EQUIPMENT LIST

SGR2005-1-21	4-Person Lower Body Combo
SGR2005-1-22	4-Person Pendulum
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
SGR2005-1-48A-W	2-Person Accessible Chest Press
SGR2005-1-48-W	2-Person Accessible Lat Pull
SGR2005-1-48E	2-Person Combo Butterfly & Reverse Fly
SGR2005-1-104N	4-Person Leg Press
SHP2009-5-03	Single Elliptical
SHP2009-5-14	13-Person Cross Fitness Rig
SHP2009-7-24	Plyometric Steps (set of 3)
SHP2009-7-25	Back Extension
UBX-208	Adjustable Butterfly
UBX-211	Adjustable Ab Toner
UBX-215	Adjustable Leg Press
UBX-217	Adjustable Squat
UBX-244	Adjustable Tricep Press
UBX-246	Adjustable Chest Press
UBX-247	Adjustable Vertical Press
UBX-248	Adjustable Shoulder Press
UBX-255	Adjustable Arm Curl
UBX-290	Adjustable Rower
UBX-292	Adjustable Stepper (x4)
UBX-293	Adjustable Bench Press
UBX-298	Adjustable Leg Extension & Curl
UBX-360	Balancing Plate
SGR2005-1-105	Customized Announcement Sign



Wheelchair-friendly exercise area

BEFORE



RESTORE A SENSE OF COMMUNITY

Desiring to provide a more diverse range of activities to residents, the Town Place management took what once was a tennis court and revamped it into an open-air gym. The six-unit layout provides a well-rounded selection of activities that allow users of virtually every age to enjoy a full-body workout. The gym makes more efficient use of the space, providing activities for 14 simultaneous users. What's more, it will facilitate increased interaction among residents, contributing not only to healthier lifestyles but also increased social capital.

TOWN PLACE APARTMENTS | CLEARWATER, FL

6 UNITS

14 USERS



EQUIPMENT LIST

SGR2005-1-09	Single Cross Country Ski
SGR2005-1-48C	2-Person Lat Pull-Down & Vertical Press
SGR2005-1-76	6-Person Linear Combo
SGR2005-1-91	Single Rower
SHP2009-5-03	Elliptical
SHP2009-7-24	Plyometric Steps



REPURPOSE

AN UNUSED AREA

Food deserts. Spiking crime. Lack of access to green space. In many neighborhoods, the challenges of the inner-city environment make it difficult for residents to maintain healthy lifestyles. But the community surrounding 14th Street Park in Long Beach has taken a step in the right direction with the addition of ten fitness units for stretching, strengthening, and cardio. Occupying the wide, vacant median of a residential street, the fitness equipment has given local residents a way to not only enjoy physical activity, but also a chance to make new friends, start to build community cohesion, and reclaim an area that previously attracted negative elements.

BEFORE



14th STREET PARK LONG BEACH, CA

10 UNITS 33 USERS



EQUIPMENT LIST

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-Down
SGR2005-1-48A-W	2-Person Accessible Chest Press
SGR2005-1-71	3-Person Static Combo
SGR2005-1-77	8-Person Linear Combo
SGR2005-1-104N	4-Person Leg Press
SGR2005-1-105	Customized Announcement Sign



Wheelchair-friendly
exercise area

REINVENT A VACANT SPACE

A small grassy area between the playground and parking lot at Lemon Park previously didn't see much use, but now provides a great place for parents to work out while keeping an eye on their kids. A distinctive feature of the Lemon Park gym equipment is the bi-directional piston used to provide resistance. Even on its easiest setting, the adjustment mechanism has no recoil hazard, and returns to its resting position in a slow, controlled manner. Beyond merely adding a layer of safety to the units, the adjustable piston also constitutes a deterrent with respect to young children: Upon attempting to use a unit with the resistance set too high for them to operate, they quickly lose interest and return to the playground.



BEFORE



**LEMON PARK
FULLERTON, CA**

12 UNITS 12 USERS



EQUIPMENT LIST

- UBX-208 Adjustable Butterfly
- UBX-211 Adjustable Ab Toner
- UBX-215 Adjustable Leg Press
- UBX-217 Adjustable Squat
- UBX-223 Sit-Up Bench
- UBX-244 Adjustable Tricep Press
- UBX-246 Adjustable Chest Press
- UBX-247 Adjustable Vertical Press
- UBX-248 Adjustable Shoulder Press
- UBX-292 Adjustable Stepper
- UBX-293 Adjustable Bench Press
- UBX-298 Adjustable Leg Extension & Curl

REIMAGINE AN OLD AMENITY

BEFORE



An Ontario, CA park with an old playground received a facelift with fun, interactive outdoor fitness equipment. Six units can serve 15 people simultaneously, incorporating exercises for the upper and lower body and core muscles, as well as cardio equipment. Adjacent to an apartment complex, the gym provides an excellent place for family, friends, and neighbors to exercise and socialize.

EQUIPMENT LIST

SGR2005-1-22	4-Person Pendulum
SGR2005-1-26	2-Person Cross Country Ski
SGR2005-1-47	2-Person Vertical Press
SGR2005-1-48	2-Person Lat Pull-Down
SGR2005-1-48A	2-Person Chest Press
SGR2005-1-71	3-Person Static Combo
SGR2005-1-104N	4-Person Leg Press
SHP2009-5-03	Single Elliptical
SGR2005-1-105	Customized Announcement Sign



ONTARIO MOTOR SPEEDWAY PARK
ONTARIO, CA

8 UNITS 20 USERS



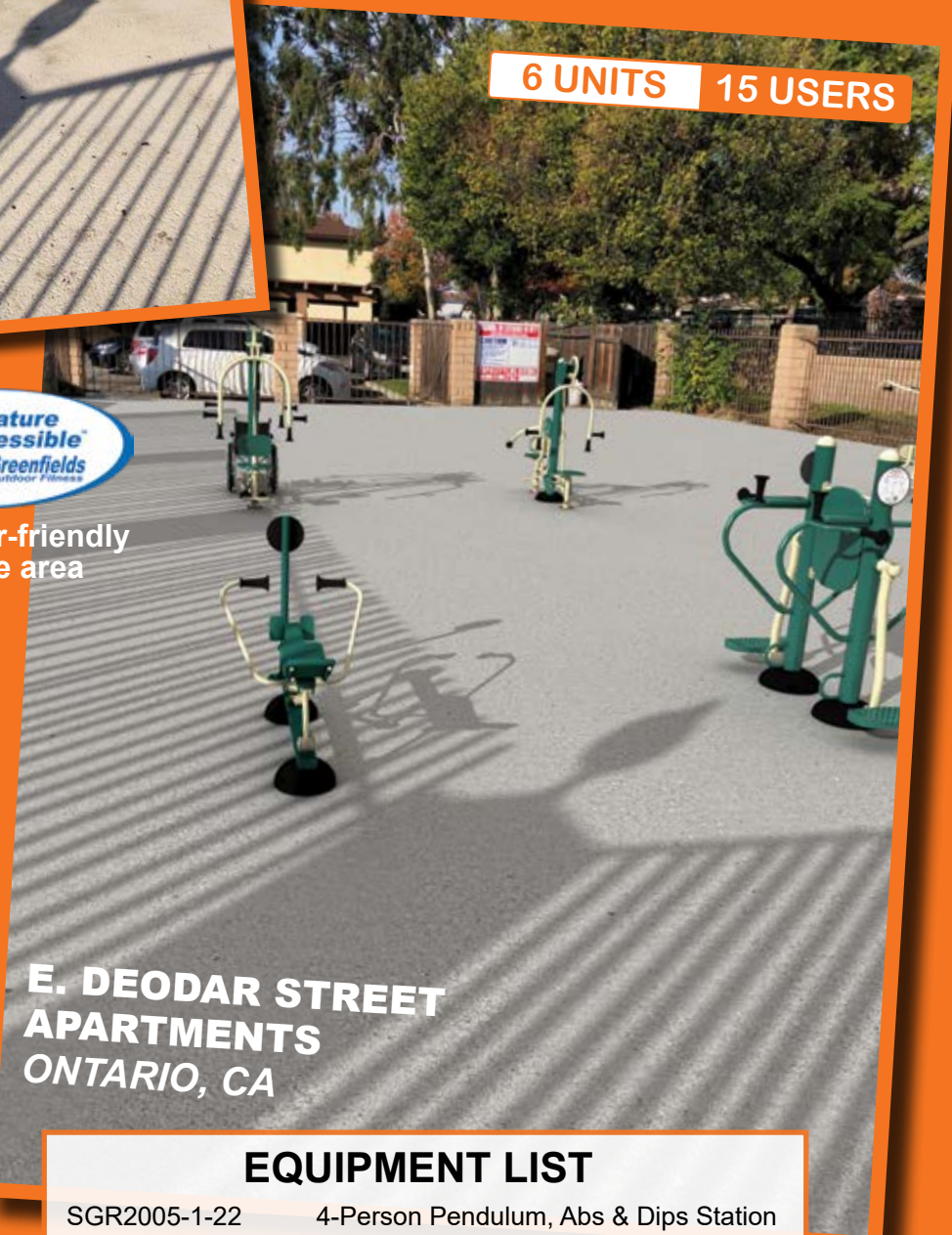
BEFORE

Trading an old pool for an outdoor gym, this apartment complex's residents can now enjoy physical activity year-round instead of just a few months. A drastic reduction in maintenance costs makes the new fitness area a budget-friendly amenity.

6 UNITS 15 USERS



Wheelchair-friendly exercise area



E. DEODAR STREET APARTMENTS
ONTARIO, CA

EQUIPMENT LIST

SGR2005-1-22	4-Person Pendulum, Abs & Dips Station
SGR2005-1-42	2-Person Back & Arms Combo
SGR2005-1-48A-W	2-Person Accessible Chest Press
SGR2005-1-48C	2-Person Lat Pull-Down & Vertical Press
SGR2005-1-91	Single Rower
SGR2005-1-104N	4-Person Leg Press

WHAT'S YOUR CANVAS



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