



OUTDOOR FITNESS AREA INSTALLED AT DEERFIELD PARK

Lawrence Parks and Recreation Department staff have completed the installation of a new outdoor fitness area located in Deerfield Park, 2901 W Princeton Blvd. The fitness area, located in the northeast section of the park, consists of five pieces of new equipment.

The equipment includes a 2-person air walker, 4-person pendulum, abs and dips, 2-person ski, 2-level horizontal bars, combo lat-pull and vertical press.

Outdoor fitness areas are becoming more and more popular throughout the country as people embrace this new wave of fitness that is keeping residents healthy and active. These outdoor fitness areas offer a chance for people to benefit from getting outside and exercising while also spending time in a park.

