

New Outdoor Community Fitness Zones in Pflugerville

Parents can now exercise alongside their children on a new generation of outdoor fitness equipment geared towards adults. Rather than balance beams and chin-up bars, this equipment is more like what you would expect to find at a typical membership gym. Ellipticals, treadmills, stair climbers and exercise bikes are provided to the public in a free and convenient outdoor community setting.

The outdoor fitness equipment, made by TriActive America, was installed at Bohls Park and Gilleland Creek Park in December 2007 in two new fitness zones created by the Pflugerville Parks and Recreation Department. Funding for the fitness zones was provided by a \$15,000 grant from the Austin/Travis County Health and Human Services Department's Steps to a Healthier Austin Program.

The new fitness zones provide a welcome alternative to gym memberships and home fitness equipment that can be expensive. Their integration into parks used for children's recreation can also be a timesaver, because adults no longer have to find alone time to fit in some exercise. The outdoor community setting allows people to get some fresh air and spend time with their friends and family, all while working out.

The outdoor fitness equipment can be found at the following fitness zone locations:

Bohls Park - 380 Immanuel Rd.

Equipment: Air Walker, Exercise Bike, Rider, Step & Twist, Warm-Up Station

Gilleland Creek Park - 700 Railroad Ave.

Equipment: Elliptical, Exercise Bike, Treadmill, Sit-Up Board