

Press Release  
Thursday, 17<sup>th</sup> January 2019

## **New Outdoor Gym Equipment has arrived at Crooks Lane Recreational Ground**



Parish Councillors: Mrs Maureen Rickhards & Vice-Chair of the Environment Committee Mrs Sandra Crofts on Leg and Arm Strengthener. Chair of the Environment Committee Cllr Jim Bacon on Stepper, Cllr Jill Beard and County Cllr Clive Rickhards

Studley Parish Council has recently installed some new outdoor gym equipment at Crooks Lane Recreational Ground.

A total of six pieces of equipment have been installed including a sit ups board, a combined fitness bike/stepper, an air strider, and a waist & chest exercise system. Each piece of equipment allows 2 persons to use it at the same time. A 2 person Tai Chi Spinner and a Leg and Arm Strengthener have also been installed, allowing residents with disabilities to partake. Full instructions are displayed on all pieces of kit.

Outdoor gym equipment has become very popular recently and Studley now has its own equipment that offers an ideal opportunity for residents to work out at no cost!