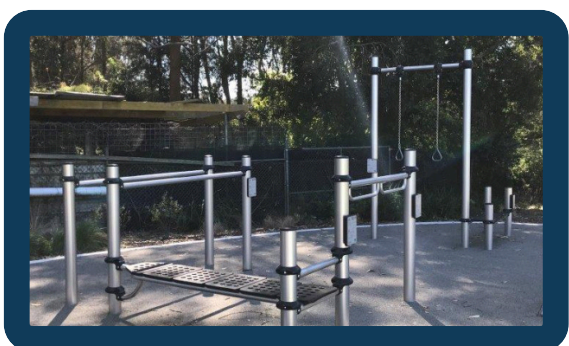


MONA VALE LETS GET ACTIVE

OUTDOOR GYMS



WARRIEWOOD VALLEY EXERCISE AREA



**3 Boondah Road
Warriewood NSW 2102**

Equipment:
chin up bars / pull up bars / trapeze rings
vault bar / parallel bars / step up boxes
Plyo box jumps



BERRY RESERVE



**1417 Pittwater Road
Narrabeen NSW 2101**

Equipment:
chin up bars / parallel bars
trapeze rings / sit up bench / box jump

BILARONG RESERVE



**55 Wakehurst Parkway
Elanora Heights NSW 2101**

Equipment: chin up bar / parallel bars
pull up bars / push up / sit up bench
arm combo / bench press / butterfly press
leg press / shoulder press / stepper

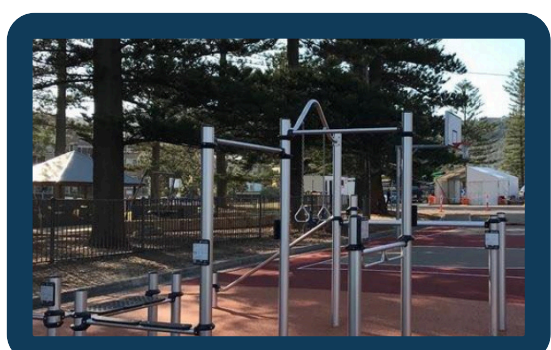
LAKESIDE PARK



**Lake Park Road
North Narrabeen NSW 2101**

Equipment:
cycle seat / monkey bar / step ups
sit up / push up bench

NEWPORT BEACH



**394 Barrenjoey Road
Newport NSW 2106**

Equipment:
chin up bars / pull up bars / trapeze rings
vault bar / parallel bars / step ups
Plyo box jumps

MORE
LOCAL
PARKS

