

RYDE LETS GET ACTIVE OUTDOOR GYMS



ANDERSON PARK



**Corner Belmore Street & Rothsay Avenue
Ryde NSW 2112**

Equipment: elliptical trainer / leg press
body dip / pull up / leg raise / flexibility pod
mobility pod / body twist / step up station
stretch station



KISSING POINT PARK



**Waterview Street
Putney NSW 2112**

Equipment: aerobic cycle / chest press
leg press / body dip / pull up / leg raise
sit up bench / body twist / stretch station

MORRISON BAY PARK



**Frances Road
Putney NSW 2112**

Equipment: elliptical trainer / shoulder press
leg press / pull downs / monkey bars
pull up bar / sit up bench / body twist
shoulder mobility wheel

MEMORIAL PARK



**Meadow Crescent
Meadowbank NSW 2114**

Equipment: aerobic cycle / chest press
leg press / pull down / pull up bars
parallel bar / body twist / mobility pods
step up station

MILL PARK



**1 Mill Park Street
Rhodes NSW 2138**

Equipment:
incline bench / log hop / parallel bars
pull up bar / push up bar / vault bar
leg raise / barrel roller

**MORE
LOCAL
PARKS**

