

WOLLONGONG LETS GET ACTIVE

OUTDOOR GYMS



WISEMANS PARK



**Vickery Street
Gwynneville NSW 2500**

Equipment: elliptical trainer / aerobic cycle
leg press / chest press / pull downs / pull up bars
Roman rings / leg raise / body dips / multi bench
box jump / dexterity builder / stretch station



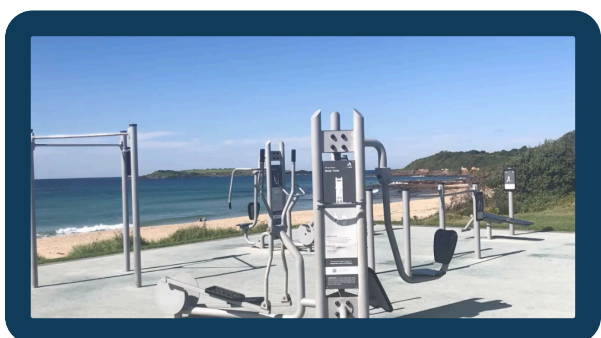
LANG PARK



**1 Marine Dr
Wollongong NSW 2500**

Equipment: elliptical trainer / aerobic bike
leg press / chest press / lat pull down / pull up bar
dip bars / leg raise / bench / body twist / step
stretch station

MM BEACH



**Gloucester Blvd
Port Kembla NSW 2505**

Equipment: elliptical trainer / aerobic bike
leg press / chest press / pull up bars
parallel bar / sit up bench / body twist
step up station

CHARLES HARPER PARK



**Parkes St
Helensburgh NSW 2508**

Equipment: elliptical trainer / aerobic bike
leg press / chest press / pull downs / pull up
Roman rings / Gorilla bars / leg raise
multi bench / sit up bench / step up station

CORRIMAL BEACH PARK



**Lake Parade
East Corrimal NSW 2518**

Equipment:
dip bars / monkey bars / Roman rings
adjustable height bars / benches

MORE
LOCAL
PARKS

