

THE HILLS LETS GET ACTIVE OUTDOOR GYMS



CRESTWOOD RESERVE



**62A Chapel Ln
Baulkham Hills NSW 2153**

Equipment: elliptical trainer / recumbent bike
hand bike / spinning bike / lat pull down / pull up /
assisted pull up / seated row / leg press / chest press
shoulder press / dips / bench / leg raise
plyometric boxes



COCKAYNE RESERVE



**43 Middleton Avenue
Castle Hill NSW 2154**

Equipment:
elliptical trainer / pull up bars

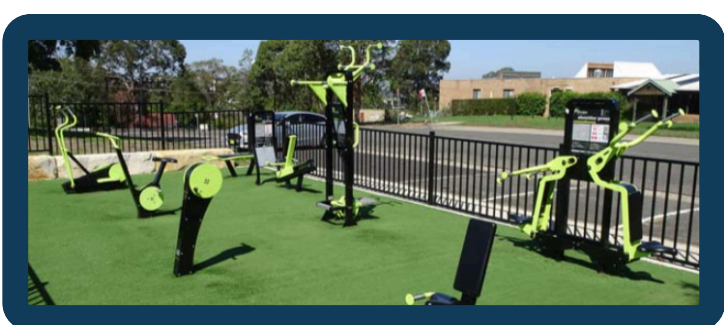
GEORGE THORNTON RESERVE



**View St
West Pennant Hills NSW 2125**

Equipment:
bench / bench dip bars / leg stretch / step
log hop / pull up bar / push up bar
stretch station / vault bar

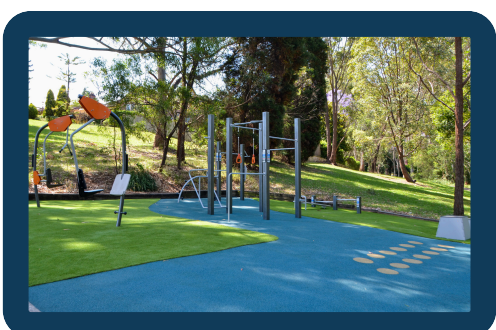
HAROLD WEST RESERVE



**26Z Moseley St,
Carlingford NSW 2118**

Equipment: elliptical trainer / recumbent bike
hand bike / spinning bike / bench / pull up
lat pulldown / assisted pull up / leg press
shoulder press

CASTLEWOOD COMMUNITY RESERVE



**29 Castletown Dr
Castle Hill NSW 2154**

Equipment:
high and low bars / body dip station
roman rings / leg press / plyometric boxes
push up/sit down station / stretch station

MORE
LOCAL
PARKS

