

CONCORD LETS GET ACTIVE OUTDOOR GYMS



MILL PARK



**1 Mill Park St
Rhodes NSW 2138**

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



MORRISON BAY PARK



**Frances Rd
Putney NSW 2112**

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

BAYVIEW PARK



**Burwood Rd
Concord NSW 2137**

Equipment: elliptical trainer / multi bench
sit up bench / body twist / mobility wheel
pull up bar / roman rings / chest press
leg press / stretch station

FIVE DOCK PARK



**Park Rd
Five Dock NSW 2046**

Equipment: suspension rings
parallel bars / monkey bars / pull up bars
lat pull down / leg press / chest press

CANADA BAY ACTIVE PROGRAM

**Free
outdoor
group training
(registration required)**

Rhodes – Mill Park – Yoga
• Friday 10:30am
Chiswick – Wire Mill Park – Bootcamp
• Wednesday 6:30pm
• Friday 7am

**MORE
LOCAL
PARKS**

