

# PORT KEMBLA 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

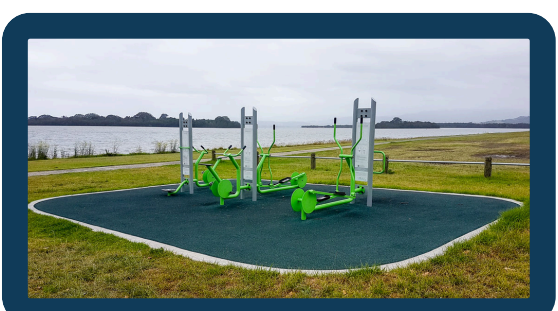
### DIMOND BROTHERS PLAYGROUND



**38 Bong Bong Rd  
Horsley NSW 2530**

Equipment: elliptical trainer / leg press / leg raise  
chest press / pull downs / pull up / Roman rings  
Gorilla bars / body dip / sit up bench  
dexterity builder / step up station

### HOLBORN PARK



**4 Holborn St  
Berkeley NSW 2506**

Equipment:  
elliptical trainer / aerobic bike  
body twist

MORE  
LOCAL  
PARKS

