



Media Release

30 November 2017

New exercise equipment at Harrington Park

New outdoor exercise equipment has been installed around Harrington Park Lake.

The equipment replaces the old and out dated fitness gear at three stations near the path around the lake and has been updated at a total cost of \$150,000.

One of the stations has been moved to a new location at Harrington Park Reserve playing fields and multi-sport hard courts where it provides an additional training option for the sports clubs as well as the general public.

“It’s great to see new equipment installed for our residents to enjoy and be active in the open air,” said Mayor Lara Symkowiak.

“They provide everyone with the opportunity to exercise for free, at a time that suits them, close to where they live,” Cr Symkowiak said.

“Council considers these to be a valuable community asset that support the health and wellbeing of our residents and offer people the chance to socialise and interact,” she said.

The new equipment includes: -

- Cross trainers
- Hand bike
- Lat pull down and shoulder press
- Leg press and bench
- In ground trampoline
- Spinning bike
- Chest press and seated row machine
- Recumbent bike
- Step up boxes
- Shoulder grinder machine

The equipment at each station offers a range of cardio and strength development suitable for people of all ages and fitness levels.

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Media Contact:

Caitlin Lewis
Media Officer
Camden Council
PO Box 183, CAMDEN NSW 2570
Phone: 4654 7823 Mobile: 0438 062 628
Email: caitlin.lewis@camden.nsw.gov.au