

# Outdoor Fitness Area

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Designed for individuals aged 14 and up, the fitness area is situated behind the pool complex overlooking Tibbetts Brook Lake and includes seven pieces that can serve up to 16 people at one time:

- Four-person lower body combo
- Two-person upper body combo (back and arms)
- Two-person chest press
- Two-person lat pull down and vertical press
- Three-person static combo (sit-ups, pull-ups, tricep dips)
- Single rower
- Two-person static combo (captain's chair, pull-ups)

QR codes are included on each piece of equipment to provide instruction.

The fitness area was made possible by generous donations from Kohl's – Blythedale Children's Hospital's Eat Well, Be Well program and Greenfield in partnership with the Westchester County Department of Parks, Recreation and Conservation, Westchester County Department of Health and the Westchester County Department of Public Works and Transportation.