

LOCATION PLAN



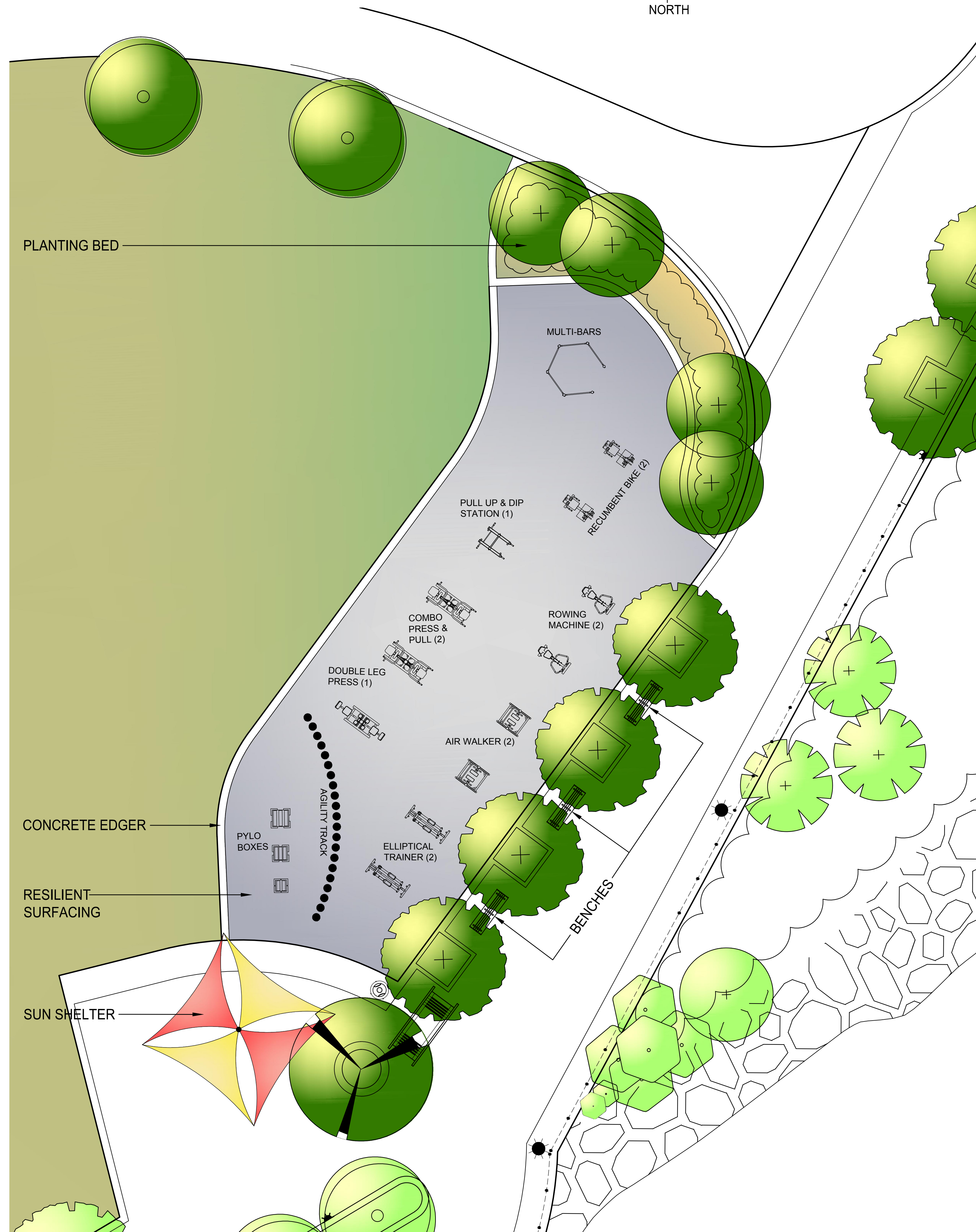
EQUIPMENT ORGANIZATION



PHASE 2 RIVERFRONT Activity Area

GENERAL CONTRACTOR

SUBCONTRACTOR



DESIGN PLAN

PROGRAM NEED & PHILOSOPHY

Fitness activity and an active lifestyle are essential to improve health, longevity and the enjoyment of life. Yet, people become increasingly sedentary and our nation faces a health crisis due to declining fitness levels and growing rates of obesity, even among our youth. The biggest obstacles remain personal motivation and available opportunities.

Outdoor fitness equipment is an important part of the solution. By installing outdoor fitness equipment at River Landing, individuals can benefit from an effective and substantial outdoor exercise and fitness area that is easily accessible in an enjoyable outdoor exercise environment.

Outdoor fitness equipment is a relatively new phenomenon in Canada, with growth increasing over recent years. The fact that it is new and unique to Saskatoon will draw people to this facility and be a source of pride for our community. It will be a free, user-friendly, accessible, and spontaneous program which meets the needs of all users, city-wide, throughout the year. Improved health benefits will be provided through the different types of exercise: cardiovascular, muscle and strength, balance, coordination and flexibility.

PROGRAM GOALS

- To provide a unique outdoor physical activity area that draws people to River Landing.
- To increase opportunities for spontaneous physical activity.
- To provide a full body exercise program free of charge.
- To provide an enjoyable, year round outdoor activity that produces health benefits.

DESIGN RESPONSE

Located at the junction of key pedestrian routes, the Activity Area will be easily accessed and highly visible to passers-by. Highlights of the proposed design plan include:

- equipment groupings provide a fitness circuit layout or a complete body workout
- equipment oriented to take full advantage of river valley views
- resilient surfacing throughout to protect against falls
- to increase the usability of the area benches and sun shelter will be incorporated
- landscape development at edges will enhance the setting



Multi-Bars
STRETCHING



Pull Up & Dip Station
CORE



Pylo Boxes
AGILITY



Rowing Machine
RESISTANCE



Combo Press & Pull



Double Leg Press



Air Walker
CARDIO



Elliptical Trainer



Recumbent Bike