



Update on the South (Mid) Bryant Fitness Equipment Concept



New Equipment Concept

Figure 5.1 National Fitness Campaign Fitness Court

- 30 Stations for a variety of push, pull, bend, core, lunge, squat, ability or step for full range exercise options based off skill level = over 200 exercise options
- As seen ~\$193,500 for the fitness court and install (with the NFC 30k grant)
- Concrete slab not included-plan to fund this from O & M fields





NFC Fitness Court Elements & Highlights

Figure 6.1 National Fitness Campaign Fitness Court

- **7-Minute 7-Zone Full Body Workout System**
- **Built for all climates via high quality durable material**
- **700+ Fitness Courts Nationwide (30 in Florida)**
- **Designed for multigenerational use 14+**
- **Free Video Library with dozens of workouts and hundreds of exercises**
- **Senior Specific Programming Available**
- **ADA Accessible**





NFC Local Artist Program

- **Support a local artist to design a one-of-a-kind work of art (*see next slide-recommended art rendering*)**
- **Aesthetically pleasing community centric design**
- ***Local artist to be identified/requested at upcoming Lake Worth Beach Street Painting Festival***
- **Best Practice Toolkit supported by NFC**
- **Artwork digitized and installed on Fitness Court through expert installers**

Figure 7.1 National Fitness Campaign Fitness Court Art





Proposed Art Rendering (Lake Worth Lagoon around 1900)





Proposed Location

Figure 8.1 Overhead of S Bryant Park (Mid)

- Open area just North of current fitness area
- Direct access from mid Bryant parking lot and trail
- Can adjust exact placement and angle of orientation (open side towards intracoastal)
- Leverage existing large trees and NEST for Phase 4 shade tree canopy





Fitness Court Shade-Options in Future CIP

Figure 9.1 National Fitness Campaign Fitness Court

- **\$68,500 option to include a Shade Structure**
- **Provide protection from UV rays and increase usage in daytime hours**
- **Protects equipment from Florida sun**
- **Wind Rating up to 115 mph,**

