



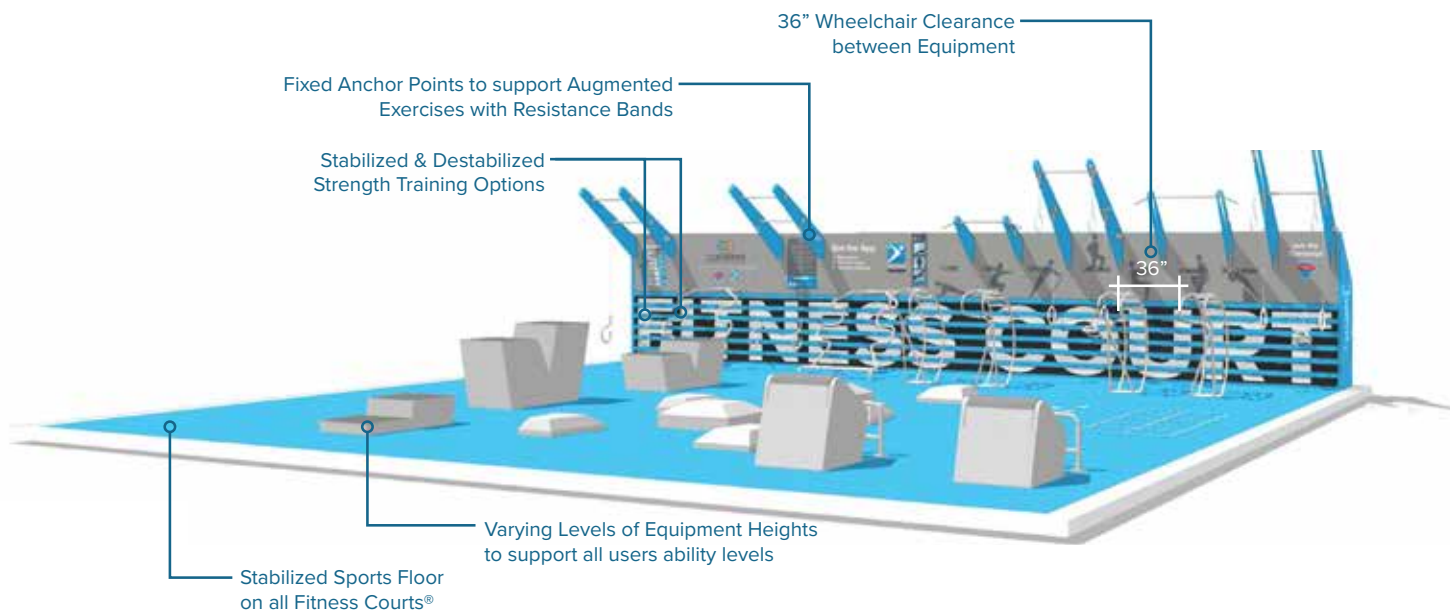
# Fitness Court® Accessibility Overview

A Community Platform For All



## Design DNA

The Fitness Court® is a comprehensive functional fitness circuit training facility. It includes an endless variety of training methods for adults of all ages and skill levels. The 7 Minute 7 Movement circuit training is designed specifically for the Fitness Court to provide a full body workout for all levels and leverages your body weight so you can improve over time. The Fitness Court® is 38'x38' in size and is roughly half the size of a standard tennis court. The design is the exact same in every location to ensure quality and usability for all.



## Sports Floor

Every single Fitness Court® is required to have a continuous fully accessible sports floor that is easy to navigate and allows ease of wheelchairs, walkers, strollers and other assistance devised.

## 36" Clearance

The Fitness Court® was designed to allow a 30" path throughout the whole system & elements allowing proper wheel chair accessibility though out.

## Multi-Station

Each zone on the Fitness Court® is multi-station to allow users to utilize the same equipment & workouts with friends or spotters at the same time. It is important to NFC that the entire community is able to access the Fitness Court® and participate side-by-side.



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## Adults of All Ages & Ability Levels

The Fitness Court® is designed for adults of all ages and accommodates a variety of skill levels and abilities at each station, from beginner to expert. Each station allows users to leverage their bodyweight at different angles and levels of resistance as a tool to improve over time. The Fitness Court® is a powerful way to encourage physical activity and promote community wellness.



Progressive Foot Hold Strips Allow User to Leverage Body Weight and Progress Over Time



Fixed Anchor Points Support Augmented Exercises with Resistance Bands



Fit for Adults of All Ages and Ability Levels

## Endless Variations & Activation

The Fitness Court supports progressive functional fitness for senior adults. Each of the seven basic movements supports activities of daily living, and each station provides users hundreds of different ways to leverage their own bodyweight for sustained health. This unique outdoor gym is a safe and effective tool for seniors to increase balance, encourage mobility, and reduce risk of injury. When integrated into a regular wellness practice, the Fitness Court supports core health, hip and joint flexibility, upper body strength and lower back stability.



Wheelchair Access at Destabilized Pull Rings



Wheelchair Access at Stabilized Pull Ladder



Wheelchair Access at Destabilized Pull Rings





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## Engagement on the Fitness Court

NFC provides various opportunities to increase engagement on the Fitness Court®. Through the Ambassador program cities have the ability to run targeted classes and training for all ages and abilities. Classes ranging from Mobility and Balance series to 60+/Silver Sneakers programs have been help on the Fitness Court®. NFC supplies your community with training and annual routines and allows the local community to hold classes that are gear towards your specific user groups.



### Balance Series

Tone the mind and body in a beautiful outdoor setting

### Mobility Series

Maintain and restore joint health and range of motion



### Challenge Series

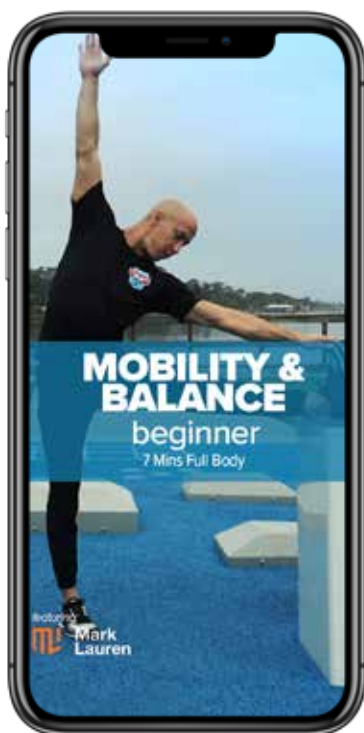
Friendly competition for active adults in 3, 5 or 7 minute intervals

“I’m encouraged, and glad to see the outdoor Fitness Court includes equipment to improve balance, which is key to preventing falls. It’s free and open to the public, so no one would have any reason not to take advantage of it.”

-Carol Claybaker, Senior Resident of Janesville, WI

## The Fitness Court® App

The Fitness Court® App is your digital gateway to the ecosystem and your personal coach in your pocket. Learn the moves at varying levels and understand the 7 Minute-7 Movement rotation. Moves can be adjusted as needed for ability levels. New workouts from world renowned trainers constantly updated to the app showcasing specialized routines like the Mobility & Balance and Mobility Flow.





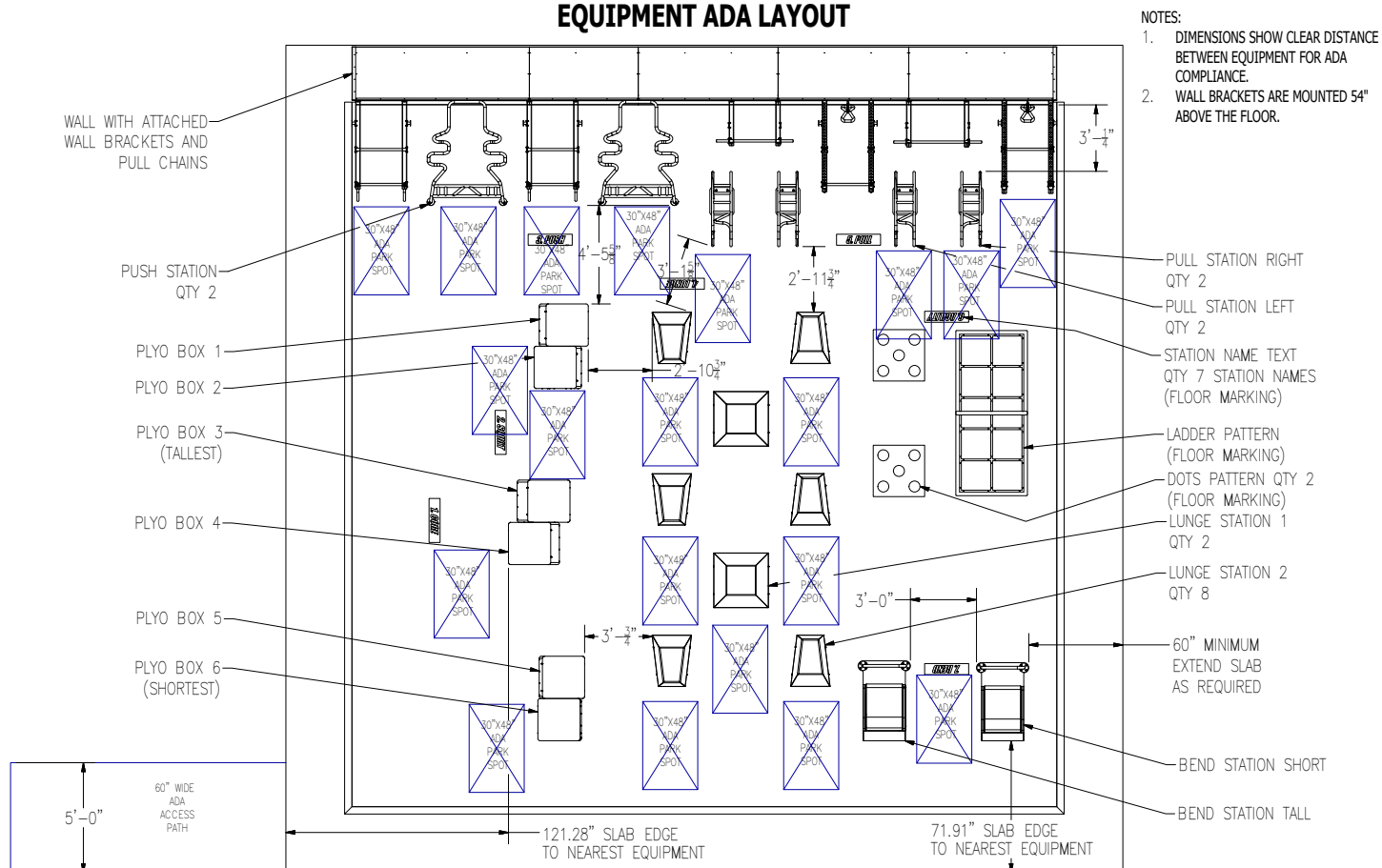
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## Fitness Court® Equipment Layout

ADA Fitness Court® equipment layout allowing wheelchair accessibility and clearance for other stability assistance equipment.

### EQUIPMENT ADA LAYOUT



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