



ROTARY FITNESS, BOONGAREE

Case Study

SHOALHAVEN CITY COUNCIL



LEADERS RECREATIONAL INNOVATION

We are a specialist team thinking beyond the conventional to create unique, award winning recreational spaces to benefit children, families and communities across Australia.

We are proud to take you on the journey from design through to completion of our latest adventure play project.

Throughout this project, we have provided our clients with full end to end design, engineering and construction services to deliver a key infrastructure asset to the wider community.

As the leader in the design and construction of adventure, inter-generational and aquatic play environments, we excel in creating unique recreational spaces.



WHERE

Berry, NSW

WHO

Collaboration between Playscape Creations, Shoalhaven City Council and Berry Rotary

BUDGET

\$100K

DELIVERED

January 2022

PROJECT OVERVIEW

Working closely with Shoalhaven City Council and Berry Rotary, we found Council were looking for a fitness range to incorporate into the plans for the Boongaree Rotary Nature Play Park.

Playscape Creations were able to provide a solution to meet the requirements of what Council were looking for through our Norwell Fitness range. They were particularly interested in quality, warranty and maintenance of the equipment and wanted a range of fitness elements to suit teenagers through to seniors.

Containing 8 exercise units including a combination unit, this wonderful community space, set amongst stunning surrounds, provides endless fitness options in a social and inclusive atmosphere.





DESIGN AND ENGINEERING

Designed and developed in collaboration with fitness and physiology specialists and award-winning Danish Design House Dok54, Norwell Outdoor Fitness stations are suitable for people of all ages and levels of physical fitness.

Norwell's main design element – the curve – embodies sophisticated design to deliver an architectural aesthetic that enhances all environments.

Using body weight resistance and full range of motion, stations are designed to promote strength, cardiovascular fitness, balance and flexibility. Every station is equipped with a QR code linking through to a smartphone app with usage guides, videos and training programmes to get the most out of your workout.





CONSTRUCTION



Placing fitness trails within community spaces overcomes any socio-economic barriers people have to entry; no membership is required and people can train at a time that suits their schedule, bringing along children, friends and family members as needed.

These spaces then become an intergenerational meeting point - connecting and motivating people and supporting a healthier, more active community.

Suitable for all environments, including extreme foreshore locations, this quality stainless steel equipment is certified to European Fitness Standard and ISO 9002.





FITNESS ZONES



LEG

The body weight resistance leg press that allows for smooth, maximum muscle extension.



CYCLE

Cycle is like a bicycle, only stationary. The built-in resistance strengthens your legs and at the same time improves cardiovascular functions.



CHEST

A seated chest press that uses your own body weight for resistance training



COMBI 3

Combines 3 different exercises into one compact unit



CROSS

A complete body workout, this cross-trainer increases muscular strength while improving overall cardiovascular fitness



RIDER

A seated rowing machine that delivers a low-impact, full body workout.



BENCH

A truly adaptable unit that delivers multiple exercise and recovery options



CALISTHENICS

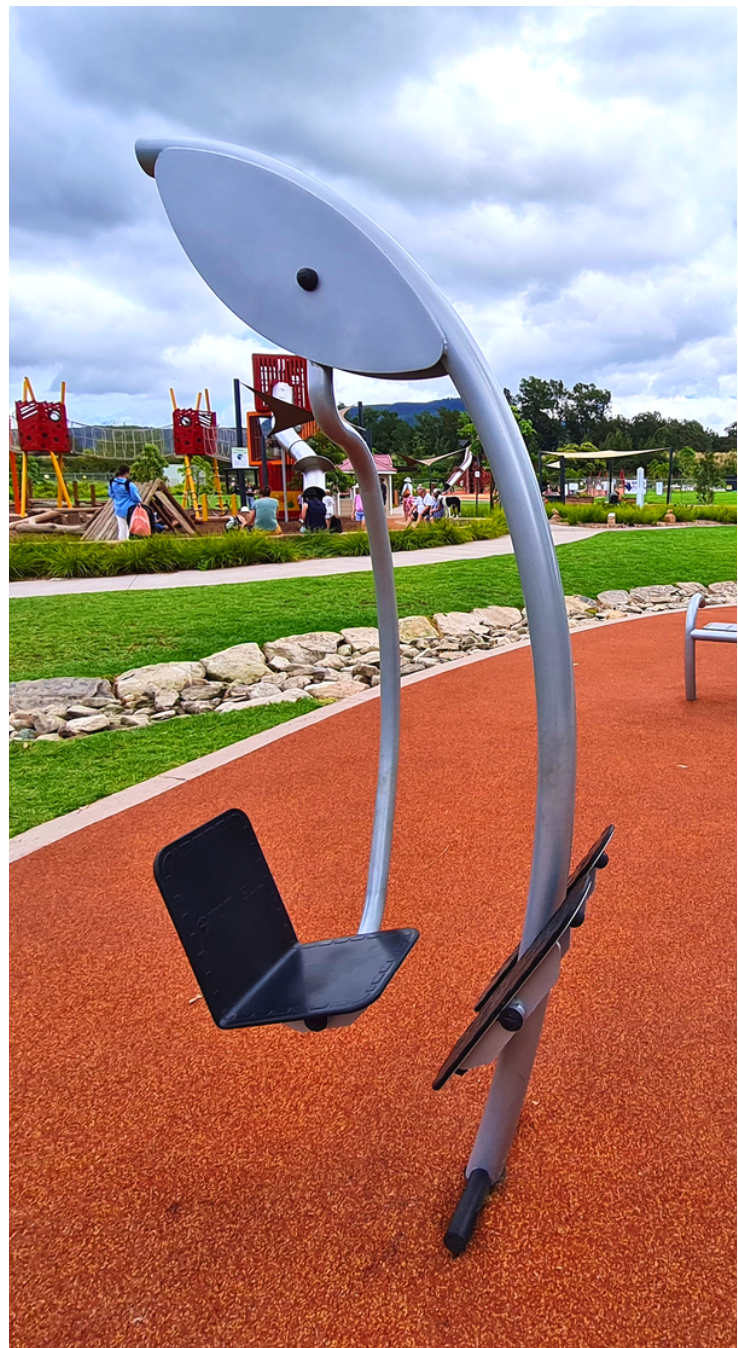
Combines 3 different exercises into one compact unit

USER ACCESIBILITY

A descriptive sign that displays relevant training information while matching the equipment aesthetic.

Clearly displays uses and benefits of each piece of equipment, including links to the Norwell Smartphone App.





NORWELL
OUTDOOR FITNESS

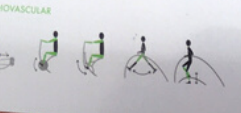
Welcome to the Norwell Outdoor Fitness Park

Designed to inspire fitness enjoyment, designed to be inclusive and to suit the needs of all ages 1-100+ - regardless of abilities and level of fitness.

Norwell Outdoor Fitness is based on a simple Scandinavian design, which combines training and stretching capabilities. It is the perfect solution for the recreational fitness fan.

Norwell Outdoor Fitness is for all - regardless of age or ability. We will always encourage you to have fun and to stretch your limits.

STRENGTH



How to use this park:

- STRENGTH** - as most outdoor fitness gyms
- CARDIOVASCULAR** - on both fitness and stretch
- BALANCE** - to strengthen balance and coordination
- FLEXIBILITY** - to strengthen the ability to stretch muscles and joints

The QR code on the equipment gives you the training activity featured on, and shows the results of your training. It's training to show you your own self.

Use the QR code to access the training videos on our website.

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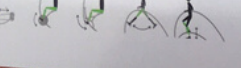
The Smartphone App provides you with a platform that makes training and stretching even more fun.

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www.norwelloutdoorfitness.com



CARDIOVASCULAR



BALANCE

FLEXIBILITY



Playscape Creations



LEADERS  RECREATIONAL INNOVATION

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