



FAIRFAX COUNTY PARK AUTHORITY



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Information Release

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Gum Springs Outdoor Fitness Gym to Open June 18

A ribbon-cutting ceremony is scheduled for 1:30 p.m. on Saturday, June 18, 2016, for a new Outdoor Fitness Gym at the Gum Springs Community Center.

Outdoor fitness gyms provide high-quality exercise equipment similar to what is found in an indoor fitness center, but the equipment is located outdoors and is free for the public to use during daylight hours. Equipment is grouped together and designed to make exercise fun and social to encourage users to work out longer and more often to improve their fitness and health.

Gum Springs' outdoor fitness gym can be used by visitors of all fitness levels age 14 and older. The eight pieces of equipment offer a complete workout to build muscle strength, improve flexibility and balance, enhance core strength and provide cardio benefits. To encourage a social atmosphere and allow families to exercise together, the fitness equipment can be used by several people at a time. The facility also includes equipment that is specially adapted for wheelchair users.

This new fitness spot in Gum Springs was built by the Fairfax County Park Authority in partnership with the Department of Neighborhood and Community Services. Partial funding was provided by a grant submitted by the Fairfax County Park Foundation from Greenfields Outdoor Fitness.

Gum Springs Community Center is located at 8100 Fordson Road in Alexandria, Virginia, and is adjacent to Martin Luther King, Jr. Park. For additional information, please contact the Public Information Office at 703-324-8662.

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If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.