



FAIRFAX COUNTY PARK AUTHORITY



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Information Release

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Share Your Thoughts on the New Outdoor Gym Coming to Gum Springs

The Fairfax County Park Authority and the Fairfax County Department of Neighborhood and Community Services are teaming up on an Outdoor Fitness initiative and want to hear what county residents in the Gum Springs area of Alexandria think about this new healthy lifestyle opportunity coming to their neighborhood.

A public meeting to talk about a new outdoor gym coming to the community will be held on Thursday, February 18, 2016, at 7 p.m. at the Gum Springs Community Center gym, located at 8100 Fordson Road in Alexandria, VA. The public is invited to the meeting to learn about this exciting new facility, and speakers may sign up in advance to offer their comments.

Outdoor Fitness is high-quality exercise equipment similar to what is found in a gym, but the equipment is located outdoors and is free for the public to use during daylight hours. The fitness equipment can be used by anyone age 14 and up, regardless of ability level and some units are even designed for individuals in wheelchairs. Outdoor Fitness is designed to make exercise fun and social, encouraging users to exercise more often and for longer periods of time leading to improved physical fitness and better health.

For additional information or to sign up to speak at the meeting, please contact the Public Information Office at parkmail@fairfaxcounty.gov or 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.