



FAIRFAX COUNTY PARK AUTHORITY



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Information Release

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Ribbon-cutting Set for Lincolnia Outdoor Fitness Gym

The Fairfax County Park Authority and the Board of Supervisors will join with members of the community to celebrate a newly completed recreational amenity. A ribbon-cutting ceremony will take place at 1 p.m. on Saturday, May 21, 2016, for the new Outdoor Fitness Gym at Lincolnia Park.

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.

The outdoor gym at Lincolnia Park is designed to be used by park visitors ages 14 and older and is suitable for all fitness levels. This outdoor fitness equipment provides a complete workout to build muscle strength, improve flexibility and balance, enhance core strength and provide cardio benefits. It can be used by several people at a time to encourage a social atmosphere and allow families to exercise together. The facility also includes equipment that is specially adapted for wheelchair users.

Lincolnia's new outdoor gym replaces 30-year old fitness trail equipment in the park and was financed in part by a grant from Greenfields Outdoor Fitness.

Lincolnia Park is located at 6295 8th Street in Alexandria, Virginia. 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.