

Outdoor physical training circuit

Simple, heavy-duty and versatile fixed outdoor training equipment will allow residents to do warm-up, training and stretching exercises. Explanatory signs will suggest circuits with various exercises to be performed for a safe, comprehensive workout.

The proposed training circuits were designed by kinesiologists and are based on modern physiological principles of sports training. Access to the equipment will be free. The equipment is easy to use and accessible to all age groups and skill levels.

Who will benefit? Amateur athletes and everyone who wants to get in shape. Organized leisure groups such as walking or running clubs, sports teams, school groups, retiree groups, etc. will use the equipment for group training.

Proposed location: Area near the Dieppe Aquatic and Sports Centre

Cost: \$70,000