



City of Victorville Fitness in the Park Initiative



An Idea Emerges

Fitness in the Park is a new initiative in the City of Victorville designed to bring exercise opportunities to the parks in our community. The idea is for outdoor exercise equipment to be installed near playground apparatus so that adults can exercise while supervising their children at play.





Finding the Resources



Thanks to grant funding from Kaiser Permanente and the California Endowment, the City was able to purchase the Energi Prime 5-Station Exercise System in January of 2015. City Parks and Public Works staff joined forces to prepare the site and install the equipment, and the site officially opened on March 19, 2015.



A System that Works

The Energi Prime system provides a full body workout with colorful illustrations and instructions for proper use of the equipment. Sample workout routines for various levels of fitness have also been developed courtesy of Afterburn Personal Training, and are available on our website.



Doris Davies Park : Installing the Equipment



The Idea Becomes Reality



Victorville residents now have an opportunity for no-cost physical fitness in a beautiful park setting. Victorville hopes to open more Fitness in the Park areas in the years to come.



Find More Information:

E-Mail – HealthyVictorville@VictorvilleCA.gov

Website – www.HealthyVictorville.com

Facebook – www.Facebook.com/HealthyVictorville