



The Compact Functional Fitness Rig Multi-Person Station includes a shade structure and poured-in-place rubber. This station features a Lat Pull-Up Bar, Ball Target, Dip Station, Bulgarian Split Squat, Sit-Up Bench, S-Shaped Pull-Up Bar and Ring Rows. Further improvements to the fitness trail and stations will include shade structures. Behind it, the Thornhill Public Pool is nearby.

Sherwood Fitness Trail Improvement Project

Several years ago, the City of Sherwood began improving a parcel of land that was not well maintained and had a multi-acre watershed upstream. The land is directly next door to the municipal complex, located at 2199 E. Kiehl Ave., which houses the Mayor's Office, Sherwood Police Department, and City Hall offices, and less than a block away from the Thornhill Public Pool, Jack Evans Senior Center, Bill Harmon Recreation Center and Oakbrooke Elementary School. The underbrush in the area was cleared and a retaining pond was excavated just north of Kiehl Avenue and east of Oakbrooke Drive. Once the pond was



The Two-Person Tai Chi Spinners give users a serene way to strengthen shoulders and improve wrist agility.

finished, the Arkansas Game and Fish Commission began stocking it with catfish, bream and catch-and-release largemouth bass through their Family and Community Fishing Pond program and the Sherwood Community Pond was established.

The number of people fishing the pond has increased over the years as word continues to spread about the partnership with the AGFC and the quality of the fish caught in it. School groups schedule fishing derbies, youth groups fish from time to time, and neighborhood residents spend many hours around it.

In 2010, an Arkansas Highway and Transportation Department Arkansas Recreational Trails grant was awarded for a $\frac{1}{4}$ -mile asphalt walking trail construction project that loops around the pond and through the park. Residents in the two neighborhoods on both sides of Kiehl Avenue, as well as patrons and employees of these nearby community facilities, use the trail and the accessible pedestrian bridge crossing the five-lane highway to incorporate cardiovascular exercise into their daily lives.

Mayor Virginia Young was instrumental in the planning of the most recent trail additions in the 2019 Fitness Trail Improvement Project. These additions were funded through the regular budget in 2019. The concept was discussed and worked over a few times until it was decided to purchase six Greenfields Outdoor Fitness stations that include Multi-Level Stretching, Two-Person Tai Chi Spinners, Two-Person Lat Pull-Down, Two-Person Chest Press, Back Extension/Plyometric Steps, and the Multi-Person Compact Functional Fitness Rig. A shade structure is provided over the Compact Functional Fitness Rig and poured-in-place rubber is under this piece.

Each station includes a quick response code that users can scan for detailed videos that instruct proper form. Additionally, the stations promote group fitness because they accommodate more than one person at a time and can be used simultaneously or independently. The location of the fitness stations encourages multi-generational exercise. The equipment is also safe for all ages because it uses bi-directional pistons, eliminating the risk of recoil that could injure young visitors. The cost of this equipment and installation was approximately \$68,000.

The quality of life in Sherwood has been positively impacted because of these trail improvements. The plan is to market this via local user group programming and open-use times for individuals. Best of all, there is no cost to the consumer. Walking is the number one fitness activity according to the Statewide Comprehensive Outdoor Recreation Plan. The walking option was already provided in previous improvements, and now that strength and flexibility opportunities are in place, a person can work on the entire fitness spectrum.

The next phase is to provide shade for each piece that is similar to the one already in place. This should begin in late September 2019. Sherwood is proud of its park system and this is another example of striving for excellence.



The Back Extension/Plyometric Steps station above is situated near a picnic table and the Sherwood Community Pond. This station and the Multi-Level Stretching station below can accompany multiple people at a time and include signage with a quick response code that may be scanned if the user needs more information on how to properly use them and what muscle groups are being strengthened.





Above: The Two-Person Chest Press strengthens much of the upper body. The accessible pedestrian bridge spanning the five-lane highway in the distance allows residents to cross the busy roadway to access the pond, trail, and fitness equipment.

Below: The Two-Person Lat Pull-Down can be used by two people simultaneously or independently of each other. Employees from the nearby municipal complex may incorporate fitness during breaks.

