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## PRESS RELEASE

For Immediate Release

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### ***NEW OUTDOOR FITNESS EQUIPMENT AT DANTE FASCELL PARK***

**South Miami, FL** – Who needs a gym membership when you can work out for free at Dante Fascell Park. Joggers enjoying the outdoors at Dante Fascell Park can now also use the new outdoor fitness zone. The fitness zone features six (6) units—*accessible chest press, 2-person back and arms combo, combo lat pull and vertical press, 3-person static combo and 4-person leg press*—and can accommodate up to fourteen (14) users at a time.

The fitness equipment is clustered together to promote the social aspect of exercising and located within eye distance from the playground to allow caregivers the ability to watch their kids and be productive at the same time. Each piece of fitness equipment features detailed instructional signs for all levels of fitness.



This project was made possible through a Florida Recreation Development Assistant Program grant from the Florida Department of Environmental Protection.

Dante Fascell Park is open daily, sunrise to sunset. For more information, please contact the Parks and Recreation Department via e-mail at [parks@southmiamifl.gov](mailto:parks@southmiamifl.gov)

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