
Party City Outdoor Gym is officially open!

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Prince Albert, Sk. – After delays, the Party City Outdoor Gym at the Alfred Jenkins Field House is officially open. The gym will allow residents to experience a unique workout circuit that makes it one of its kind in Canada. The Party City Outdoor Gym was supported by a \$300,000 donation from the Malcolm Jenkins Family Foundation, with the remainder of the \$554,000 project funded by the City of Prince Albert.

The gym, located south of the Field House, features circuit training and *Fitcore Extreme* equipment. The 7,000-square-foot facility, which is designed for use by people over the age of 13, includes traditional workout equipment and advanced elements for more adventurous fitness enthusiasts.

Features of the Gym include:

- A rubber safety sports turf surface.
- Under shade structures to protect users from the sun.
- Lighting and security cameras.
- Traditional *HealthBeat* elements in the circuit include: Ab crunch and leg lift machine, assisted rowing/push-up station, balance steps, cardio stepper, chest and back press, elliptical machine, pull up/dip bar, squat press and a chinning bar set up so people can attach other fitness equipment to it.

- Advanced, *FitCore Extreme* elements in the Party City Outdoor Gym are: Ledge Hanger, Spider walk, Quintuple Steps, Jump Hang, Globe Grasp, High Step, Rope Climb, and Over Under Bars.

Originally scheduled to open in the spring of 2022, The outdoor gym encountered a delay with surfacing concerns, which were resolved by moving to a full rubber paved surface. The rubber paving will provide a cushioned safety surface for users while utilizing the equipment. Malcolm Jenkins and the City of Prince Albert are excited to see the facility fully used by residents and living up to its potential.

There will be programming at the facility to increase recreation for health and well-being through the Alfred Jenkins Field House. The site will be 'No charge public access.' In addition, the City is working on completing accessible access by adding a ramp to create an inclusive space for all to enjoy.

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