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EXERCISE STATIONS TO CREATE FITNESS TRAIL AT ALONG SEVEN CREEKS

Users of the Sevens Creeks Park and Apex Track will soon be able to mix up their exercise routines with works underway to install three exercise stations near the track.

Each station will have two pieces of exercise equipment, with equipment such as an elliptical trainer, sit-up bench, chest press and leg press.

The project has been made possible through the collaborative efforts of Strathbogie Shire Council, Euroa Community Action Group and the Euroa Memorial Oval Committee.

The stations will be situated over the Memorial Oval side of the Apex Track, creating a multi-use fitness trail for users.

Seven Creeks Ward Councillor, John Mason said the stations will provide more opportunities for the community to participate in physical activity.

“This will be a fantastic way for our community to get active and involved in a variety of physical activities, which are totally free.”

“The Seven Creeks Park is fast becoming a fitness hub, with the popular walking track, Euroa parkrun every Saturday and now our new exercise stations. It is great to see so many people out and about enjoying the beautiful park and walking track,” Cr Mason said.

Euroa Community Action Group member, Melinda Watson said the stations were a priority in the Euroa Community Action Plan 2018-2021 which was informed by the community breakfast that was held by the group some 18 months ago.

“We conducted a community breakfast which was well attended by many community members and different age groups where there was overwhelming support for exercise stations along our beautiful Seven Creeks,” Mrs Watson explained.

“There are a lot of people that walk the Apex Track around our beautiful creek and this equipment adds another dimension, where people can stop and work on other areas of health and fitness, such as flexibility or strength.”

As well as adding to the liveability of our town, it also attracts people from outside our town to stop and enjoy what we can offer,” Mrs Watson said.

The stations are anticipated to be ready for use by the end of October.

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