

Oliver Woods Community Centre



OLIVER WOODS
COMMUNITY CENTRE IS
LOCATED AT
6000 OLIVER ROAD.



FITNESS FOR ALL LEVELS

The Wellness Park is designed for beginner, intermediate and advanced users, ages 13 years and older. The park provides cardiovascular, strength training, endurance and flexibility benefits. Each station offers progressive, levels of difficulty that you control.

HEALTH AND WELLNESS

The Wellness Park offers much more than walking or other simple weight-bearing exercises. You can exercise your heart, lungs, large and small muscles for an overall fitness benefit.

QUALITY OF LIFE

Incorporating exercise into your lifestyle not only improves physical function, but has psychological benefits as well. Fitness inspires people to get up, get out and get moving on a regular basis.

Oliver Woods Wellness Park

The City of Nanaimo
Department of Parks,
Recreation and
Culture provide you
with a comfortable
and convenient
setting for
independent health
and wellness

Oliver Woods

Wellness

Park



Wellness Park Orientations

89444
Tuesday, September 1 2:30 - 4 pm

89445
Tuesday, September 15 5:30 - 7 pm

*Space is limited!
Call 250-755-7501 for more
information and to register.*



Interested in a Fall
Circuit Training course at the
Wellness Park?
Call 250-755-7501 to leave your
name on the interest list.



Keep a record of your resistance
and repetitions.
Workout Logs are now available at the
Oliver Woods clerical office.



The Oliver Woods Wellness Park is conveniently located by the playground. There is also a short walking trail that is amongst the trees.

At each station, directions are clear on how to use the equipment to fully utilize your workout and which muscle group you will be using when doing the exercise correctly.