



PRESS RELEASE

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Lisle Fitness Trail Ribbon Cutting Ceremony Celebrates Community Initiative

Image: [Outdoor Exercise Equipment on the Lisle Community Park Fitness Trail](#)

Lisle, IL – On Saturday, August 27, the Lisle Park District will officially unveil the new Community Park Fitness Trail with a ribbon cutting ceremony at 8:30am. All are welcome to attend to celebrate this new leisure opportunity available in Community Park at 1825 Short Street in Lisle.

The Community Park Fitness Trail consists of seven individual outdoor exercise components spaced out along the paved path in Lisle Community Park located immediately south of Discovery Playground and along the south side of Sea Lion Aquatic Park. Equipment includes a 2-person push up & dip station, 2-person sit-up bench, 2-person accessible chest press, 2-person leg press, multi-level bars, a balancing plate and rowing machine.

This community initiative began in the summer of 2021 when Lisle resident and Village Trustee Tom Duffy & Park Commissioner Dave Richter brought the concept for a fitness trail to the Park Board's attention. The project was made possible by financial contributions from the following individuals and businesses including the Duffy Family, Mullen Family, F3 Naperville Foundation, Dave Richter, Olson Family, Caffè Di Moda, Stillwell Family, Clune Construction, SEASPAR, Chefmarks, Molex/Koch, Saha Yoga, Great Bank Trust, Hough Family, and The Beer & Now.

To learn more about the new, state of the art Greenfields Outdoor Fitness equipment on the Community Park Fitness Trail, visit our website at lisleparkdistrict.org/fitnesstrail, which includes video demonstrations on how properly use each fitness component on the trail. If you have questions about the ribbon cutting ceremony, please contact Lisle Park District's Director of Parks & Recreation, Dan Garvy, at 630-353-4310 or dgarvy@lisleparkdistrict.org.

The Lisle Park District provides a variety of leisure activities for people of all ages throughout the year. Park district facilities include Lisle Community Park, home to the all-inclusive Discovery Playground, Community Park Public Boat Launch, and Community Park Fitness Trail; the Recreation Center, which houses Gentle Learning Preschool, SEASPAR, the Senior Center, and multipurpose rooms; the Community Center, which contains Community Park Fitness and studios for dance and group fitness classes; Sea Lion Aquatic Park; River Bend Golf Course and numerous neighborhood playgrounds and park amenities, such as tennis courts, pickleball courts, ball fields, soccer fields, walking paths and picnic areas totaling close to 400 acres. It is the mission of the Lisle Park District to enrich the quality of life for people of all ages by providing constructive and creative leisure opportunities. For more information about the Lisle Park District, visit lisleparkdistrict.org or call 630-964-3410.

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