



INFINITY PARK
GLENDALE COLORADO

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NIGHTS

PRESENTED BY:



Max invites you back to movies on the **NEW jumbo screen** at Infinity Park this summer. Don't forget to pack up the family, picnic supplies and your blankets. Gates open at 6:30pm and the movie starts at 7:30pm. Max will see you there!

JUNE 26

LEGO BATMAN

JULY 10

FERRIS BUELLER'S DAY OFF

JULY 17

FINDING DORY

JULY 24

TOP GUN

AUGUST 7

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Infinity Park Gets Adult Outdoor Fitness Equipment Thanks To Brock

Councilman Gets Glendale To Sit-up, Add Fitness Equipment. Addition Leverages Existing Appeal Of Park And Its Green Space.



Ribbon Cutting Work Out: Glendale City Councilman Scott Brock cut the ribbon at a ceremony dedicating new adult fitness equipment at Infinity Park. Equipment was Brock's idea and he did the heavy lifting to get the equipment approved.

by Glen Richardson

Never mind the punishing diets, the gym dates and the doctors' warnings; the quest to live a healthier, more active lifestyle has come to Glendale's *Infinity Park*.

New adult outdoor fitness equipment was officially unveiled in ceremonies at the park last month by the *City of Glendale*. Taking fitness outside of its traditional — and for some unappealing — gym setting and leveraging the existing appeal of *Infinity Park* and its green space adds new encouragement for residents to get outside this summer to rejuvenate, relax and refresh. Moreover, it's what many of us want, need, desire and crave.

Glendale City Councilman Scott Brock came up with the idea of adding adult fitness equipment at *Infinity Park South*. It then took him several months of heavy lifting and pushing to get the City Council, Mayor Mike Dunafon and the city staff to approve the idea. Brock — who has served on the Glendale City Council since April 2016 — truly believes people should be involved, interested and aware of what's happening in their neighborhood. He serves as the Council's representative to the *Regional Transportation District* and to *Four Mile Historic Park*.

Pull In, Pull-Up

Once Josh Bertrand, Director of Public Works for Glendale and Infinity Park, and his staff completed installing the equipment a dedication ceremony and ribbon cutting was held the morning of May 9. The equipment is from *Miracle Recreation* and includes an adult *Sit-Up apparatus* to improve life with sit-ups, crunches, leg lifts and other hard but fulfilling exercises.

The newly installed *Chin-Up module* will



Keeping A Chin-Up: Adults can pull themselves to the tip of the fitness ladder by using new equipment at Infinity Park as demonstrated here by City of Glendale Public Works staff.

help adults pull themselves to the top of the fitness ladder. Users will gain strength in their shoulders, upper back and bicep by engaging in pull-ups, chin ups and more.

Finally, there's a *Dip Station*. It doesn't matter whether you do calisthenics or weight lifting; dips have always been the single greatest chest and triceps builder. It is a complex exercise that amps up your metabolism and drives fat loss. Furthermore Dips make you look and feel amazing while delivering real performance gains.

Fulfilling Fun

The equipment is placed along the winding pathways inside the park behind the *St. Andrew Abeline Seminary* on Birch St. Placing the equipment in that area featuring park pavilions, picnic tables, barbecue grills, public lawn and a multi-purpose turf field encourages community and socialization. The outdoor fitness equipment is free to the user, encouraging people to work out together, and is available nearly any time of day.

Most prominently, of course, *Infinity Park* is the home to the *Glendale Raptors*, one of the nation's premier rugby clubs. However, as *Infinity Park* continues to grow, it's becoming increasingly interwoven into the cultural fabric of the Valley in innumerable ways — as an event space, as a place for family fun, plus a place that advances the health and fitness of all ages.

Rugby is the cornerstone for a variety of fitness-oriented outlets at *Infinity Park*. The *Glendale Sports Center* delivers the experience of a high-priced gym at a fraction of the price. Community can also take full advantage of the full-size basketball court, personal trainers, sports leagues, fitness and dance classes, and luxurious locker rooms.



Big Dipper: Councilman Scott Brock builds excitement for Infinity Park's new adult fitness equipment by trying out the newly installed dip station. Dips make you look and feel amazing while delivering real performance gains.