

16+ DIFFERENT EXERCISES

The APOLLO is designed with over 16 different exercises, offering a full body workout. With adjustability where needed and our unique chin/dip assist mechanism, the APOLLO multigym is suitable for users of all fitness levels.

POPULAR PULLEY STATION

The APOLLO features the popular high-low pulley station for a variety of standing or seated exercises. Our unique, tamperproof selectorized weight stack allows users to adjust weight between 10 and 100lbs. Locking safety features also eliminate pinch points or entrapment zones typically seen on selectorized weight stack systems.

5 SIMULTANEOUS USERS

The APOLLO helps you make the most of your space, with up to five people using the equipment at once.

Please read & follow instructions to avoid injury.

Please add any comments what you did or did not like about the outdoor fitness equipment?

Offices and Phone Numbers

Administrative Office / Smith Hall

Red Mill County Park
0185 S. Holmesville Rd.
LaPorte, IN 46350
(219) 325-8315

E-Mail lcparcs@csinet.net
www.laportecountyparks.org



Naturalist Office / Nature Center

Luhr County Park
3178 S. 150 West
LaPorte, IN 46350
(219) 324-5855
E-Mail natureniki@csinet.net
rangerlaura@csinet.net
www.laportecountyparks.org

This equipment is made possible by the Healthcare Foundation.



Regulations of the U.S. Department of the Interior Prohibit unlawful discrimination in departmental programs on the basis of race, color, national origin, age or disability. Any person who believes he or she has been discriminated against in any program, activity, facility, or desires further information regarding Title VI and / or Public Law 101-336 Title II should write to:

LaPorte County Parks
Attn: Superintendent
0185 S. Holmesville Rd.
LaPorte, IN 46350

National Park Service
Attn: Director, Equal Opportunity
P.O. Box 37127
Washington, D.C. 20013-7127

Outdoor Fitness Multipurpose Equipment



Join us on our park Facebook and on our website:

www.laportecountyparks.org



Outdoor Fitness Equipment Survey

How often do you plan on using the outdoor fitness equipment?

- Once a week
- One - Three times a week
- Three plus times a week
- Other

Did you use the trails and other amenities while using the fitness equipment?

- Yes
- No

Did you come with someone else to use the equipment? Yes No

- Family
- Friend
- Group
- Personal Trainer

LaPorte County Parks

PARK FACILITIES

Where did you use our outdoor fitness equipment?

- Bluhm County Park Yes No
- Creek Ridge Co. Park Yes No
- Luhr County Park Yes No
- Red Mill Co. Park Yes No

Do you think having outdoor fitness equipment in our park is?

- Very important
- Somewhat
- Important
- Not important
- Not sure

How are you kept informed of LaPorte County Park Department's activities and programs?

- Newspaper
- Park Website
- Park Facebook
- Naturally Speaking Newsletter
- Flyer
- School
- Other

Would you recommend to others?

- Yes
- No

Red Mill Park

0185 S. Holmesville Road, LaPorte

This 160-acre park offers trails for hiking and mountain biking, fishing, picnic areas, hall rental, playground. Headwaters to the Little Calumet River.

Luhr Park

3178 S. 150 West, LaPorte

Located on 89 acres and four significant ecosystems: upland forest, prairie, wetland, and pond. The park also offers picnicking, shelter rentals, fishing, playground, a Nature Center and paved trails. No-Leash Dog Exercise Area (small fee).

Creek Ridge Park

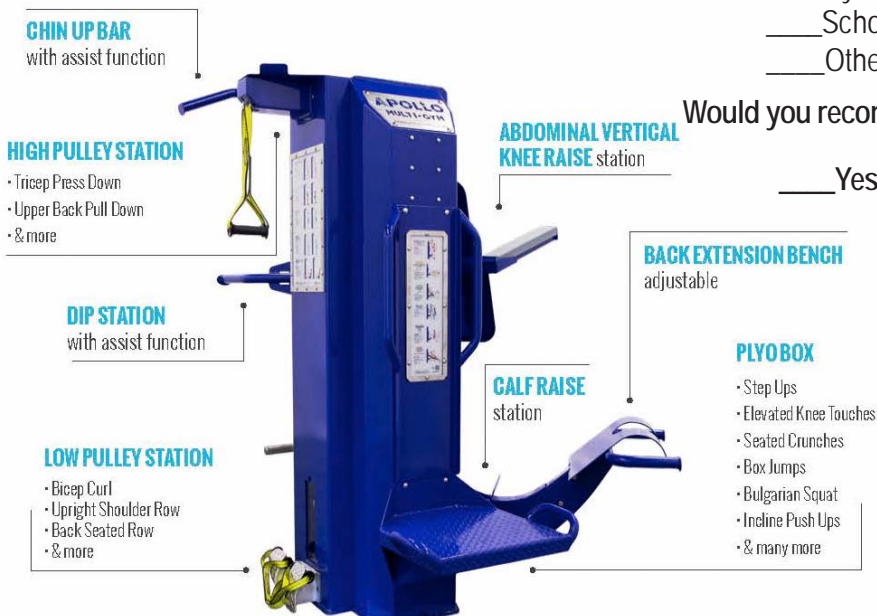
7943 W. 400 North, Michigan City

This 112 acres. The park offers trails, picnicking, shelter rentals, rest rooms, well water, playground equipment, volleyball nets, fishing on Trail Creek and No-Leash Dog Exercise Area (small fee).

Bluhm Park

3855 S. 1100 West, Westville

This 96 acres of wildflowers, upland forest, wetland, prairie and a stocked pond. Enjoy a variety of trails, picnic shelter rentals, playground, restrooms, mountain bike and horseback trails, and No-Leash Dog Exercise Area (small fee).



Please read & follow instructions on the machine itself to avoid injury.

Please return the survey to the
Park Office
Red Mill County Park
Survey
0185 South Holmesville Road
LaPorte, IN 46350

