



Oakley Opens New Public Fitness Court

This weekend, the City of Oakley will make fitness more accessible for our residents when the ribbon is cut on a beautiful new outdoor Fitness Court, built in partnership with Bay Cities Paving, the Contra Costa Transportation Authority, GoMentum Station, and the National Fitness Campaign. The Fitness Court is free to the public, suitable for ages 14 and over, and appropriate for all fitness levels.

This free community gym is connected to the active, vibrant Delta de Anza Regional Trail and nestled alongside the new Oakley Recreation Center, highlighting Oakley's commitment to creating wellness opportunities for all residents.

"This is an exciting new feature for Oakley which will fit in wonderfully with our Recreation Center," said Oakley Mayor Claire Alaura. "A healthy community is a happy community, and I can't wait for our residents to get out there and try the Fitness Court!"

When cities invest in connected and healthy infrastructure, citizens are encouraged to bike and walk – getting out of their cars and back into their communities. This reduces traffic pollution and congestion on the roads in addition to the obvious health benefits of working out at this exciting new facility.

"The goal of the Contra Costa Transportation Authority is to keep Contra Costa County moving, and it has been exciting to see how Oakley has taken that concept and applied it in a way that benefits all members of our community," said Oakley City Councilman and Contra Costa Transportation Authority Commissioner Kevin Romick. "The Fitness Court will also benefit the environment and economy of our City."

Want some guidance for your workout? Residents can download a free Fitness Court app that will lead them through a specialized seven-minute workout via the Apple App Store [here](#) or on Google Play [here](#) or by visiting nationalfitnesscampaign.com.

The Oakley Fitness Court is part of a nationwide effort launched by National Fitness Campaign, and Oakley is teaming up with local ambassadors to connect their fitness community to free activities and experiences that encourage a healthy lifestyle.

"We're excited to bring our campaign to make world-class fitness free for Oakley residents," said National Fitness Campaign Founder Mitch Menaged. "Together with City of

Oakley leadership team, the Contra Costa Transportation Authority, and the generous partners who helped make the Fitness Court a reality, we are happy to be part of a wellness network growing across the nation.”