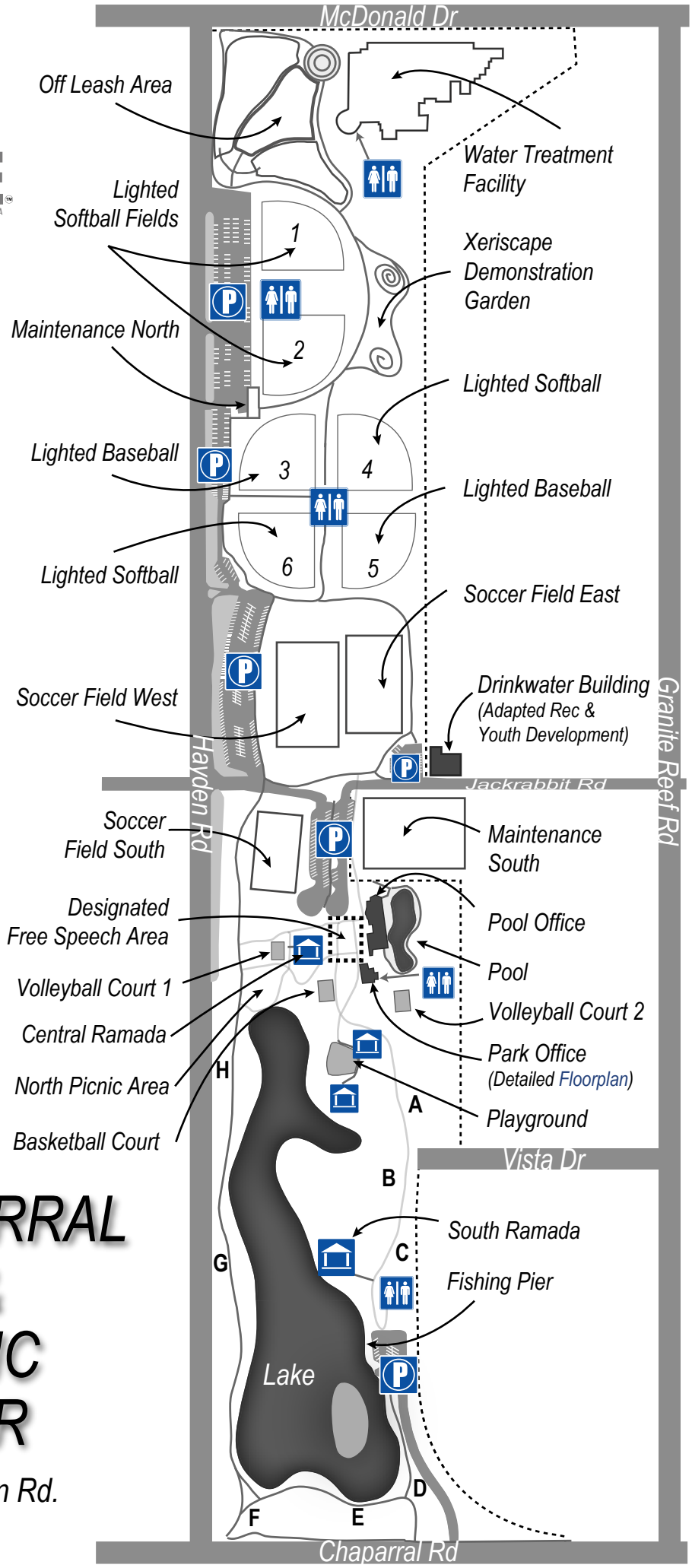
CITY OF SCOTTSDALE
ARIZONA

CHAPARRAL PARK & AQUATIC CENTER

5401 N. Hayden Rd.
(480) 312-2353



CHAPARRAL PARK

PAR COURSE
A. Knee Lift
B. Bench Leg Raise
C. Push Up
D. Log Hop
E. Bench Curl
F. Chin Up
G. Vault Bar
H. Achilles Stretch

N W E S