



Denison Park Fitness Trail

The City of Corning's Denison Park is home to a half-mile trail with five stations that offer 120 different exercises. The installation of Energi Fitness Equipment by Playworld was completed in July of 2010.

Since its installation, the fitness equipment has offered adults and children of all ages and abilities in our community an alternative to the ordinary gym setting. This outdoor equipment is designed to promote community wellness, active lifestyles, health, and fitness through its five-day workout plan.

The Energi Fitness Equipment offers an array of exercises designed to improve cardiovascular fitness, increased muscle strength, flexibility, and stress reduction.