

## **Exercise Parks Rojasles and Ciudad Quesada**

A great new free facility has opened in Rojasles and another is currently being built in Ciudad Quesada due to open shortly. The exercise area has strongly built keep fit equipment in pleasant surroundings with seats around the perimeter, it is proving very popular with the older generation although anyone over 12 years old can use it, you can engage in push-ups, pull-ups, leg exercises, arm, waist and stomach exercises, there are also parallel bars and an exercise bike, some of the exercise machines are aimed mainly at limb movement as well keeping fit. All the machines have instructions in Spanish and English.

**The Exercise Parks definitely get the thumbs up from Hope Properties.**



### **Driving Directions from Quesada Arches to Rojasles Exercise Park**

1. At the roundabout, take the 1st exit onto CV-905. Drive through Benijofar to the square.
2. Turn right at Calle de Ramón y Cajal/CV-920 drive down to the Benimar roundabout.
3. At the roundabout, take the 2<sup>nd</sup> exit. Continue on the CV920
4. At the next roundabout, take the 3rd exit onto CV-9050
5. Turn 1<sup>st</sup> right at Calle de Joaquín Sorolla
6. Turn right at Calle Musico Joaquin Fuster. Drive all the way down this road then the Park is on the right.

### **Driving Directions from Quesada Arches to Quesada Exercise Park**

1. Drive up through Quesada High Street – Avenida de Las Naciones.
2. Take 1<sup>st</sup> left after the Tennis Courts into Calle de Las Adelfas
3. Continue onto Calle de Las Rosas, the Park is at the end of the road