THRIVE ...............................................................4
GTfit ....................................................................10
GTfit Packages ........................................11
GTfit Muscle Fitness ............................14
GTfit Aerobic Fitness .........................18
GTfit Core Fitness .................................19
GTfit Balance/Flexibility .................20
Challenge Course ....................................24
Warranties & Colors ................................28

Fitness destinations for every generation.
Visit gametime.com/fitness to learn how our outdoor fitness solutions can benefit everyone in your community.

- Increases enjoyment and frequency of exercise
- Includes instructional signs and videos
- Durable design withstands the elements
- Encourages multi-generational and inclusive fitness
- Appeals to people who prefer exercising outdoors
- Promotes socialization and motivation
A Complete Fitness Solution

GameTime offers communities a comprehensive approach to outdoor fitness. These complete fitness systems fit in small spaces and accommodate multiple users of all fitness levels. Individual GFit fitness products can be installed together or along a trail to encourage adults to work toward better overall wellness. Challenge Courses encourage families to be more active outdoors together.

Compact, composite training systems

ADAPTIVE OPTIONS for solo or group training

ADVANCED, INCLUSIVE and THERAPEUTIC options

Ages 13+

YOUTH Ages 5-12

PRO Ages 13+

Fun, social and competitive fitness

Industry-leading fitness solutions

Ages 13+
For 10+ years I have led outdoor Boot Camp and trained elite athletes. I’m continually looking for ways to help my clients progress in their fitness goals, to become a better version of themselves and to THRIVE in every area of their lives.

- Yancy Culp, Elite OCR Trainer and founder of Yancy Camps

Improve community wellness with high-quality composite fitness structures from GameTime. THRIVE fitness systems accommodate multiple users at once, reducing wait times and providing a wide range of training options at every station. THRIVE makes it fun and easy for people of all fitness levels to spend more time outdoors training for sports, races or everyday life.

You were meant to THRIVE!
THRIVE 250

Training Stations:
- Step-Up Platforms (12” and 18”)
- Swedish Ladder
- Decline Sit-Up Bench
- Variable Pull-Up Station

ASTM Use Zone: 21’ x 19’ (6.4m x 5.8m)
Ages: 13 and up

#14911

THRIVE 450

Training Stations:
- Step-Up Platforms (12”, 18”, and 24”)
- Variable Pull-Up Station
- Variable Push-Up Station
- Variable Press
- Variable Monkey Bars
- Swedish Ladder
- Decline Sit-Up Bench
- Knee-Lift Dip Station

ASTM Use Zone: 32’ x 19’ (9.8m x 5.8m)
Ages: 13 and up

#14912

THRIVE model number corresponds to the approximate square footage required for installation (i.e. THRIVE 250 only requires approximately 250 square feet to install.)
Training Stations:

- Step-Up Platforms (12”, 18”, and 24”)
- Cardio Step Ball Slam Station
- Variable Pull-Up Station
- Variable Push-Up Station
- Variable Press
- Variable Monkey Bars
- Variable Row Station
- Inverted Cargo Climb
- Gymnast Bar
- Gymnast Rings
- Variable Overhead Rings and Lateral Traverse
- Swedish Ladder
- Slackline Station
- Decline Sit-Up Bench
- Knee-Lift Dip Station
- Medicine Ball Throw Station
- Rope Ladder
- Dual Ropes

Ages: 13 and up

Coming Soon

Included with Every THRIVE System:

We’ve partnered with Power Systems, a leader in indoor fitness training and exercise equipment, to develop programming designed by Elite OCR and Bootcamp trainer Yancy Culp. These training programs incorporate each THRIVE station and promote whole body fitness and flexibility with adaptive options for users of all fitness and skill levels.

Also included is a collection of hand-picked gym essentials from Power Systems (valued at over $300) to enhance your THRIVE experience and to provide additional tools for group training sessions. Each kit includes:

- 1 Power Systems Premium 10lb Slam Ball
- 2 15lb Kevlar Sand Discs
- 1 Power 30’ Training Rope
- 1 Power Systems Power Force 8lb Medicine Ball
- 3 Versa Loop Resistance Bands

One of the fastest growing areas of outdoor recreation and sport is obstacle course racing. Like almost everything else in physical culture, obstacle courses have their origin in the military and the purpose of building better soldiers. The use of obstacle courses to train soldiers likely goes back to antiquity, though they were used in a less structured manner. Roman legionaries, for example, trained for battle by practicing jumping over natural barriers like hedges and ditches.

The rise of set, intentionally-constructed obstacle courses would largely have to wait until the 19th century. In Europe, this period saw a significant upswing of interest in physical fitness, which rose in tandem with feelings of nationalism that were surging in the continent’s respective countries. Frequent wars had shown nations like France, Britain, and Germany the necessity of keeping their peoples in fighting shape. Various schools of thought developed as to how best to do that, but most focused on gymnastics and functional exercises: running, calisthenics, jumping, climbing ropes, and using equipment like rings, the pommel horse, and parallel bars.

Yancy Culp, ACE, Power Systems Master Coach
GTfit provides all four elements of a well-rounded fitness program and each station features options for beginner and advanced users alike. Choose products from different fitness elements to create a multi-discipline workout area for users of all fitness levels. Incorporating all four elements into your fitness park also ensures multiple users can participate at once, reducing wait times and creating a circuit-style workout.

**4 Elements of a Well-Rounded Fitness Program**

- Muscle Fitness
- Balance/Flexibility
- Core Fitness
- Aerobic Fitness

These GTfit ready-to-order fitness packages provide all four elements of a well-rounded fitness program and qualify for National Demonstration Site designation. Learn more at gametime.com/nds.

**Demonstrate Your Leadership**

These GTfit ready-to-order fitness packages provide all four elements of a well-rounded fitness program and qualify for National Demonstration Site designation. Learn more at gametime.com/nds.
Budget-Friendly Surfacing Optional Packages

In some instances, safety surfacing is not required for outdoor fitness equipment. Ask your GameTime representative about equipment packages that do not require users’ feet to leave the ground. With such a configuration, ASTM standards regarding safety surfacing do apply.

By working with your GameTime representative, you can design an outdoor fitness park that meets your needs and budget.

GTfit Surfacing Options

- Turf
- Poured Rubber
- Interlocking Tiles
- Wood Fiber

GTfit Installation Options

- Surface Mount (S)
- J-bolt footing (F)
- In-ground (I)

All products shown with in-ground mounting option. Other mounting options may be available.

Per ASTM F3101-15: 9.1.4 Fitness equipment where intended use requires the user’s feet leave contact with the ground requires impact attenuating surfacing. GameTime recommends safety surfacing with any outdoor fitness product installation.
GTfit products help users build endurance and strength. Whether you are training for a sporting event or trying to achieve a greater level of functional fitness, these products are designed to strengthen the primary muscle groups that help users perform challenging tasks.
Chest Press
Use Zone: 9'10" x 10'8" (3m x 3.1m)

Accessible Chest Press
Use Zone: 9'10" x 12'7" (3m x 3.8m)

Accessible Vertical Press
Use Zone: 9'10" x 12'7" (3m x 3.8m)

Lat Pull Down
Use Zone: 9'9" x 10'9" (3m x 3.3m)

Leg Press
Use Zone: 7'8" x 10'10" (2.3m x 3.3m)

Leg Extension
Use Zone: 8'2" x 9'9" (2.5m x 3m)

Roman Chair Squat
Use Zone: 7'8" x 9'6" (2.3m x 3.2m)

Assisted Horizontal Chin-Up
Use Zone: 9'11" x 6'6" (3.2m x 2.0m)

Adult Climbing Wall
Use Zone: 9'11" x 6'6" (3.2m x 2.0m)

Bench Dip Station
Use Zone: 10'6" x 11'1" (3.2m x 3.4m)

Accessible Lat Pull Down
Use Zone: 9'6" x 10'9" (2.9m x 3.3m)

Lot Pull Down
Use Zone: 9'6" x 10'9" (2.9m x 3.3m)

16 17
Aerobic workouts keep heart and lungs functioning at optimum levels. Not only is this important when you are exercising, it’s essential to enhancing your every day life! GTfit products provide an excellent aerobic workout with very low impact – perfect for users of all fitness levels.

A strong core stabilizes your body during movement, whether you are exercising or playing with your children or grandchildren. Add these products to enhance core fitness and support overall health and wellness.

**Aerobic Fitness**

- **Cardio Walker**  #13562
  - Use Zone: 10'7" x 11'3" (3.2m x 3.4m)

- **Step-Up Station**  #13560
  - Use Zone: 13'9" x 9'2" (4.2m x 4.6m)

- **Log Hop Station**  #13573
  - Use Zone: 12'4" x 12'4" (3.7m x 3.7m)

- **Step-Up Station**  #13569
  - Use Zone: 7'3" x 10'7" (2.2m x 3.2m)

- **Hurdle Station**  #13576
  - Use Zone: 10'2" x 17'2" (3.1m x 5.2m)

- **High Jump Station**  #13575
  - Use Zone: 8'4" x 14'10" (2.5m x 4.5m)

- **Plyometric Boxes**
  - #13275 6"
  - #13276 1'6"
  - #13277 2'6"
  - Use Zone: 8'5" x 8'5" (2.6m x 2.6m)

- **Sit-Up Station**  #13570
  - Use Zone: 7'11" x 14'6" (2.4m x 4.4m)

- **Body Curl Station**  #13579
  - Use Zone: 7'5" x 13'10" (2.2m x 4.2m)

- **Hurdle Station**  #13576
  - Use Zone: 10'2" x 17'2" (3.1m x 5.2m)

- **Capitan’s Chair**  #13560
  - Use Zone: 8'6" x 10'7" (2.6m x 3.2m)

- **Sit-Up/Back Extension**  #13561
  - Use Zone: 11'7" x 11'7" (3.6m x 3.6m)

**Core Fitness**

- **Log Hop Station**  #13573
  - Use Zone: 12'4" x 12'4" (3.7m x 3.7m)

- **Hurdle Station**  #13576
  - Use Zone: 10'2" x 17'2" (3.1m x 5.2m)

- **High Jump Station**  #13575
  - Use Zone: 8'4" x 14'10" (2.5m x 4.5m)

- **Plyometric Boxes**
  - #13275 6"
  - #13276 1'6"
  - #13277 2'6"
  - Use Zone: 8'5" x 8'5" (2.6m x 2.6m)

- **Sit-Up Station**  #13570
  - Use Zone: 7'11" x 14'6" (2.4m x 4.4m)

- **Body Curl Station**  #13579
  - Use Zone: 7'5" x 13'10" (2.2m x 4.2m)

- **Hurdle Station**  #13576
  - Use Zone: 10'2" x 17'2" (3.1m x 5.2m)

- **Capitan’s Chair**  #13560
  - Use Zone: 8'6" x 10'7" (2.6m x 3.2m)

- **Sit-Up/Back Extension**  #13561
  - Use Zone: 11'7" x 11'7" (3.6m x 3.6m)
Balance Board Station
#13280
Use Zone: 7'5" x 12'11" (2.3m x 4m)

Skull Trainer
#13284
Use Zone: 12" x 11" (3.7m x 3.5m)

Balance Beam Station
#13581
Use Zone: 22' x 7' (6.7m x 2.1m)

Step Around Station
#14903
Use Zone: 12'4" x 12'4" (3.7m x 3.7m)

Knee Lift Station
#13574
Use Zone: 14'7" x 7'7" (4.4m x 2.3m)

Assisted Step Trainer
#14904
Use Zone: 12" x 11" (3.7m x 3.7m)

Balance Plank
#13279
Use Zone: 10'5" x 7' (3.2m x 2.1m)

Assisted Functional Trainer
#14902
Use Zone: 10'2" x 12'3" (3.1m x 3.7m)

Balance/ Flexibility
Studies show that one of the leading causes of injuries is a lack of balance and flexibility, particularly as we grow older. GTfit includes products specially designed to enhance your balance and flexibility. This is a key element in enhancing overall fitness, and is important to help prevent injury from inadvertent falls.

Assisted Balance Walk
#14900
Use Zone: 12'2" x 8'10" (3.7m x 2.7m)

Assisted Functional Trainer
#13558
Use Zone: 10'3" x 14'8" (3.1m x 4.5m)
Meet Challenge Course is a social fitness experience that people of all ages can enjoy. It’s an innovative option for fitness enthusiasts, as well as families who want to be more active together.

Compete
Challenge your friends and family in a timed obstacle course or 40-yard dash, or challenge yourself to achieve your personal fitness goals. With our easy-to-use app, you can compete and compare your time to users worldwide!

Repeat
Challenge Course leverages the benefits of outdoor exercise in a fun, exciting way that encourages people to come back time and time again.

Meet. Compete. Repeat.

Challenge Course Pro configurations are designed for users ages 13+ and include obstacles and activities that promote a well-rounded fitness routine. Choose the model that fits your available space, and then select options like timing systems or a 40-yard dash, to create the perfect fitness destination for your community to accept the challenge!

Challenge Course Youth is perfect for schools or other youth organizations. We’ve scaled the size of the obstacles to be developmentally appropriate for children ages 5-12. Choose the model that fits your available space, and create opportunities for children to start their journey toward a healthier lifestyle.

Download the App!
Download GT Challenge Course Timing app from the iTunes App Store, the Google Play Store or at gametime.com/app. Not a course in your area? Use the app to request one!

Download the App!
Choose Your GTImpax Course Surfacing

Instructional Signs
Instructioinal signs are available for each Challenge Course model. These durable, informative signs illustrate how to navigate the course, describe the use of each challenge, and outline their benefits.

Signs can be customized with city seals, school logos, or corporate branding to make your community Challenge Course a unique destination.

#13620 Standard Sign
#13621 Custom Sign

Course Timing

GameTime offers a turnkey approach to designing and installing your Challenge Course with professional-grade timing systems. They are engineered to withstand the elements and add a competitive atmosphere to your course.

Course Accessories

Strike a pose with our photo booth. Custom graphics included!

#13624 Photo Booth

3000 SERIES

#13645 Youth
ASTM Use Zone: 33’ x 81’ (10.1m x 24.7m)

#13646 Youth
ASTM Use Zone: 51’ x 66’ (15.4m x 20.1m)

#13647 Youth
ASTM Use Zone: 52’ x 88’ (15.9m x 26.8m)

3000 SERIES 4000 SERIES 5000 SERIES

40-Yard Dash Timing

Add a single or double lane 40-yard dash precision timing system for fun and friendly competition. It’s perfect for all ages and is 100% accessible.

#CCA-01 Single Lane
#CCA-02 Double Lane

40-Yard Dash Timing

#13636 Photo Booth

FINISH

#13629 Custom Sign
#13628 Standard Sign

Instructional Signs

Course Accessories

FINISH

FINISH
<table>
<thead>
<tr>
<th>Component Type</th>
<th>Warranty Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timing systems (requires use of GTImpax surfacing)</td>
<td>Limited 1-Year Warranty</td>
<td>28</td>
</tr>
<tr>
<td>Rubber components</td>
<td>Limited 2-Year Warranty</td>
<td>29</td>
</tr>
<tr>
<td>Cable nets, rotationally-molded plastic components</td>
<td>Limited 5-Year Warranty</td>
<td>29</td>
</tr>
<tr>
<td>HPL, instructional signs, steel posts, stainless steel posts, welds, bars and metal accessories</td>
<td>Limited 10-Year Warranty</td>
<td>29</td>
</tr>
<tr>
<td>Uprights and hardware</td>
<td>Lifetime Warranty</td>
<td>29</td>
</tr>
</tbody>
</table>

**Challenge Course Color Options**

**METAL: Uprights & Accents**

- Yellow
- Butter yellow
- Orange
- Burgundy
- Royal purple
- Pewter black
- Slate blue
- Spring green
- Light green
- Green
- Dark green
- Brown
- Bronze
- Silver
- Champagne
- White
- Mystic
- Black

**PLASTIC: Floating Boards**

- Yellow
- Orange
- Red
- Royal purple
- Purple
- Sky blue
- Blue
- Dark blue
- Spring green
- Light green
- Green
- Brown
- Bridge
- Champagne

**POLYETHYLENE (HDPE): Traverse Wall & Vault Walls**

- Yellow
- Orange
- Red
- Royal purple
- Sky blue
- Blue
- Spring green
- Green
- Black
- Grey

**2 COLOR POLYETHYLENE (HDPE): Condor**

- Yellow
- Orange
- Red
- Royal purple
- Sky blue
- Blue
- Spring green
- Green
- Black
- Grey