



Davie County Community Park

Elevate Fitness Course Rules

Elevate Equipment is designed for users ages 13 and older.

Take on ELEVATE, Burke's fitness course that brings together a series of challenging physical obstacles that an individual or team can take on! With three levels of challenge and multiple options within each level, ELEVATE offers a positive exercise experience for beginners, intermediate and advanced fitness users to gain results and have fun. Begin with the Lava Leap and venture your way to the Wall Clinger. In between, work your entire body and enjoy a dose of healthy competition amongst friends, teammates or with yourself. ELEVATE can be used as part of an overall training plan or as a standalone way to spend time outdoors and gain the benefits of increased physical fitness. For even more challenge, add burpees, jumps or spring the 25-yard dash. ELEVATE offers numerous options to personalize and intensify your workout!

Please have Fun and ELEVATE Safely!

Questions or Concerns Contact DCRP Team:

Call (336) 753-8326

Email RecTeam@daviecountync.gov

