Popular parks for fitness

Not only can you go for a walk or jog along our wonderful oceanways, there are also many fun, stimulating and challenging fitness circuits in our parks.

Facilities are free and are a great way to improve your fitness level and general coordination. Equipment varies in different parks and can include cross trainer, stepper, ab-hip swinger, ezy rider, shoulder press, rowing machine, cycle seat, butterfly press, push up and sit up boards.

Read instructions on how to use the HealthBeat fitness equipment in our parks.

**Albert Park, Broadbeach Waters**

180 Monaco Street, Broadbeach Waters

Open green space, trees to relax under and simple facilities await in this local park. A great place to take the kids for a kick of the footy, the dog for a short stroll or just a place to find a bit of peace in a hectic world. More information

**Discovery Park, Helensvale**

84 Discovery Drive, Helensvale

For those who enjoy a picnic outdoors. Let the kids entertain themselves on the playground. More information

**Evandale Park, Surfers Paradise**

Ouyan Street, Surfers Paradise

Evandale Parklands is home to a swimming lagoon, popular with nippers training and recreational swims. The lagoon offers a sheltered swimming environment. The surrounding amenities include toilets and showers perfect for that after swim refresh. More information

**Frascott Park, Varsity Lakes**

34A Frascott Avenue, Varsity Lakes

Open green space, trees to relax under and facilities such as a playground, dog agility area and fitness equipment await in this park. A great place to take the kids for a kick of the footy, or the dog for a short stroll. More information

**James Overall Park, Southport**

Brighton Parade, Southport

For those who enjoy a picnic outdoors. Let the kids entertain themselves on the playground. More information

**Justins Park, Burleigh Heads**

The Esplanade, Burleigh Heads

Located right on the foreshore, Justins Park is a great park for kids and adults alike. There are many picnic tables or park bench seats, the perfect place to just sit, listen to the rainbow lorikeets and lapping waves, and watch the world go by! Make a day of it and bring a picnic, or grab some fish and chips and soak in the Burleigh atmosphere. More information

**Kurrawa Pratten Park, Broadbeach**

The Esplanade, Paradise Point

Recently upgraded, this park offers the latest in barbeque facilities, picnic tables, amenities and a huge kids playground. Beautiful location overlooking the water. More information

**Paradise Point Parklands, Paradise Point**

The Esplanade, Paradise Point

Paradise Point Parklands are the perfect location for a stroll, picnic, fun in the playground or to simply relax overlooking the water. The amazing views make this one of the most beautiful parks on the Gold Coast. The winding walkway through the Parklands provides a great way to start exploring the many features on offer. More information

**Philip Park, Main Beach**
SeaWorld Drive, Main Beach

A beautiful location for a wedding. Great park for fitness. More information

Studio Park, Oxenford

13 Vine Court, Oxenford

Backing onto the local community centre, this large, oval park has wide walking paths, a children’s playground and even learn to ride bike equipment for the young ones. More information

Surfers Paradise Esplanade, Surfers Paradise

Cavill Avenue, Surfers Paradise

Recreation park fronting the beautiful Surfers Paradise beach. More information

Related Information

- Leisure activities
- Park Finder
- Sport