



## Locations & Hours

Casino Library  
Graham Place, Casino  
Monday to Friday  
Saturday

Ph. 6660 0250  
10am to 5.30pm  
9am to 12pm

Kyogle Library  
Stratheden St, Kyogle  
Monday  
Tuesday to Friday  
Saturday

Ph. 6632 1134  
2pm to 5.30pm  
10am to 5.30pm  
9am to 12pm

Evans Head Library  
Woodburn St, Evans Head  
Monday to Friday  
Saturday

Ph. 6660 0374  
9am to 5pm  
9am to 12pm


Coraki Library  
Adams St, Coraki  
Tuesday and Thursday

Ph. 6683 2752  
2pm to 5pm

Mobile Library  
Contact us for a schedule or download a copy

Web: [www.richmondvalley.nsw.gov.au/library](http://www.richmondvalley.nsw.gov.au/library)

Email: [rucrl@richmondvalley.nsw.gov.au](mailto:rucrl@richmondvalley.nsw.gov.au)



*It's not a  
race, it's a  
journey!*

Exercise  
Equipment  
For Loan



## Equipment available for loan

- Combo Pack—High Intensity Interval Training Pack  
( microband, weighted skipping rope, powertube+ and door anchor )

- Kettlebells

2kg

4kg

8kg

12kg

- Skipping Ropes

- Yoga Mats

Available for use in Casino Library

- Recumbent bike

## Terms and Use of Gym

### Equipment

All equipment will be available for a loan period of up to 3 weeks.

You will be required to sign a liability waiver, which covers the risk of harm or injury which may occur as a result of using the equipment.



Recommended reading available at our libraries to help you with your fitness journey.

- Kettlebell training for athletes : Dave Bellomo
- The yoga bible : the definitive guide to yoga postures : Christina Brown
- Yoga basics : Vimla Lalvani
- Yoga for real women : Megan Garcia
- 5 day yoga : DVD
- Yoga for health : depression : DVD
- Yoga for health : headaches : DVD
- Total sports conditioning for athletes 50+ : Karl Knopf
- Get commando fit : Steve Willis