



## 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 Ph. 6660 0374

Monday to Friday

Saturday

8:30am to 4:30pm

9am to 12pm

### Coraki Library

Adams St, Coraki

Tuesday and Thursday

Ph. 6660 0230

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



Richmond  
Valley  
Council



*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