



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. 6660 0240
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
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

Email: 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