

Bridgford Park Fitness

Free Fitness Stations in West Bridgford Park

Client: Rushcliffe Borough Council

Address: Bidgford Road, West Bridgford, Nottinghamshire, NG2 5GF

Budget: £20,000

Age Range: Junior, Teens & Families

Project Story

Bridgford Park is a focal point of the area and was in need of refurbishment. Rushcliffe Borough Council wanted to re-vamp the park so that the facilities catered for adults as well as children. With this in mind, a brief was set for outdoor fitness equipment that is free and easy to use whilst remaining durable and aesthetically pleasing.

Proludic presented its Vitality range which is part of a larger social fitness offering, developed specifically to encourage fitness activities in outdoor spaces. The structures of the Trim Trail form a circuit where users can customise their workouts according to their ability. The project was completed in May 2011 and has been wonderfully received.

This green space is important to all the residents of West Bridgford and local organisations such as South Notts College (SNC) who use the facilities regularly with their students for practical sessions. We worked alongside personal fitness students at SNC to witness how they used the fitness equipment- giving us feedback and encouragement to improve outdoor fitness for communities.



Before

After



Proludic allows outdoor Personal Training sessions to be even more exciting and varied with the variety of equipment, specifically made for fitness training, becoming available in parks. There is a wide variety of equipment which allows us to train various components of fitness within each sessions (cardiovascular training, strength training and motor skills). It is an exceptional concept which the students love to use and even train personally on it.

- Bridgette Jones, South Nottingham College Course Leader



Slalom



Abs Bench



Leap Frog



Ladder



Proludic Sport App

The FREE app, called 'Proludic Sport', is available to download on both Android and Apple/iOS devices. It has been devised to simply and easily allow users to monitor and track their exercise on Proludic sports equipment. Earn rewards by exercising, compete with other users and communities across the country.

- Detailed descriptions of the equipment
- Recommended workout routines
- Pre-designed workout
- Customisable workouts
- Apple health integration
- Community and personal leader boards
- Challenge your friends
- 30+ unique exercises.

Contact Us On: www.proludic.co.uk - marketing@proludic.co.uk - 0115 9823 980

