

COMMUNITY FITNESS HUB DELIVERED FOR RUSHCLIFFE BOROUGH COUNCIL



ABBEY PARK OUTDOOR GYM

Client:	Rushcliffe Borough Council
Address:	Abbey Park, West Bridgford, NG2 6LE
Budget:	£38,000
Age Range:	Teens, Adults
Ranges:	ACTI'Ninja, ACTI'Street & ACTI'Fit
Surfacing:	Wetpour

Project Story: Abbey Park in West Bridgford has been transformed into a welcoming, free-to-use outdoor fitness destination, with Proludic installing the new facility to help promote healthier and more active lifestyles across the community on behalf of Rushcliffe Borough Council. Designed with accessibility and social interaction in mind, the outdoor gym offers a balanced mix of strength, cardio, and functional training suitable for teenagers, adults, and older users alike. Set within the natural surroundings of the park, it encourages regular exercise in the fresh air, with clear progression opportunities for both beginners and more experienced users.



I love it. I love the equipment here. It works really really well, and we can add our own equipment to it to make a really good experience.



Catherine Bailey
Member of Ladies that Lunge





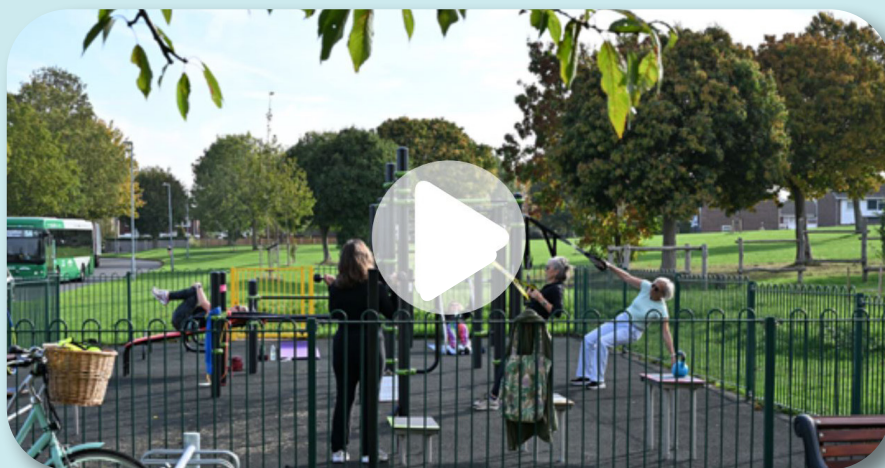
The facility features ten exercise activities across five pieces of Proludic's ACTI'FUN outdoor gym equipment, enabling full-body workouts and flexible training styles. Highlights include low parallel bars for callisthenics-style exercises, such as dips and core work, alongside a larger, inclusive street workout structure that accommodates up to 16 users at once. Additional fitness stations offer structured options, including a stepper designed to improve Balance and coordination, as well as sloping bars that support low-impact endurance training.



To further enhance the space, a sit-and-lean feature invites a wider range of park users to engage with the area, creating an inclusive and less intimidating environment. The gym and its equipment are also supported by a dedicated app, offering guidance on safe techniques and workout ideas, helping users build confidence and stay motivated.

The impact of the new facility is already evident. Local resident Ruth Kerry, initially hesitant to exercise alone, reached out on Facebook to find others interested in joining her. This led to the creation of "Ladies that Lunge," a friendly group that now meets twice weekly for circuit-style workouts. The group has become both a fitness and social hub, helping members overcome barriers and fostering a strong sense of community.

View the finished site in action!



Click here or scan the QR code to watch the film.



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