

INCLUSIVE EXERCISE SPACE FOR ALL



PRESTON PARK, BRIGHTON

Client: Brighton & Hove City Council

Address: Preston Park, Brighton, BN1 6HJ

Budget: £65,000

Age Range: Teens, Adults

Ranges: ACTI'Fit, ACTI'Ninja, ACTI'Street

Surfacing: Nike Grind, Wetpour

Project Story: Proludic successfully designed and installed a state-of-the-art outdoor gym in Preston Park, Brighton, for Brighton & Hove City Council. This project highlights Proludic's dedication to providing high-quality fitness solutions to local communities, promoting health, well-being, and active living through accessible outdoor fitness equipment.

Brighton is widely recognised as one of the most active cities in the UK, with its vibrant community embracing outdoor recreation, fitness, and wellness. Preston Park, a hub for outdoor activities, serves as the perfect location for the gym, catering to the city's dynamic residents and visitors. The council aimed to enhance the park with a facility that would inspire and support active lifestyles while creating an inclusive space for people of all fitness levels. Through a competitive tender process, Proludic was selected for its comprehensive proposal, innovative designs, and proven expertise in delivering high-quality outdoor fitness solutions.



I'm delighted to see that these new outdoor gyms are now up and running. I'd like to thank those who took part in our consultation to help shape the designs and the local instructors who will be helping everyone make the most of the equipment at these free demonstrations



Alan Robins
Brighton & Hove City Council



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The gym includes Proludic's advanced fitness ranges—ACTI'Fit, ACTI'Street, and ACTI'Ninja—designed to cater to a wide range of abilities and fitness goals.



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Proludic's design features clearly defined zones for different activities and equipment, ensuring an engaging and efficient workout experience. The cardiovascular zone includes equipment such as exercise bikes and elliptical machines, encouraging aerobic fitness. The strength-building zone offers options such as pull-up bars, parallel bars, and resistance equipment for muscle development. For those seeking a more dynamic challenge, the functional training and agility zone, featuring ACTI'Ninja equipment, promotes coordination, balance, and core strength. These zones allow users to tailor their workouts while encouraging social interaction and fostering a sense of community.

Seamlessly integrated with the natural beauty of Preston Park, the outdoor gym complements its surroundings while adding a modern touch to the park's recreational offerings. Its layout was carefully designed to encourage inclusivity and accessibility, ensuring that individuals of all abilities can participate and benefit from the facility.

The Preston Park gym is a shining example of Proludic's collaboration with local authorities to deliver fitness spaces that meet the needs of diverse communities. It highlights the importance of accessible and sustainable outdoor fitness environments, strengthening Proludic's reputation as a leader in creating inclusive play and sports areas.



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