

# Wrenthorpe Park Fitness Trail

Outdoor Fitness At It's Best!

Client: Wakefield Council

Address: Wrenthorpe Lane, Wakefield, WF2 0HR

Budget: £15,000

Age Range: Juniors, Adults, Families

## Project Story

In association with Wakefield Council the WRENS (Wrenthorpe Environmental Society) wanted to provide equipment in Wrenthorpe Park for adults and teenagers to use for free that would encourage and inspire them to be more physically active. Seven items from the Proludic Vitality static outdoor fitness range were selected to offer a full body strength and cardio workout for people of different levels of fitness and abilities. Using the free Proludic Sports App people can view different exercise suggestions complete with instructional videos and the ability to track their work outs. The Orchard Physiotherapy Centre, based in Wrenthorpe, fully support this facility and will also be using it to enhance the care they can offer their clients.



After



“ We are delighted with this new facility, it's everything we hoped for and is already being very well used by the local community. We will definitely speak to Proludic again for future projects. ”

Philip Watson, WRENS Chairman



New Trim Trail



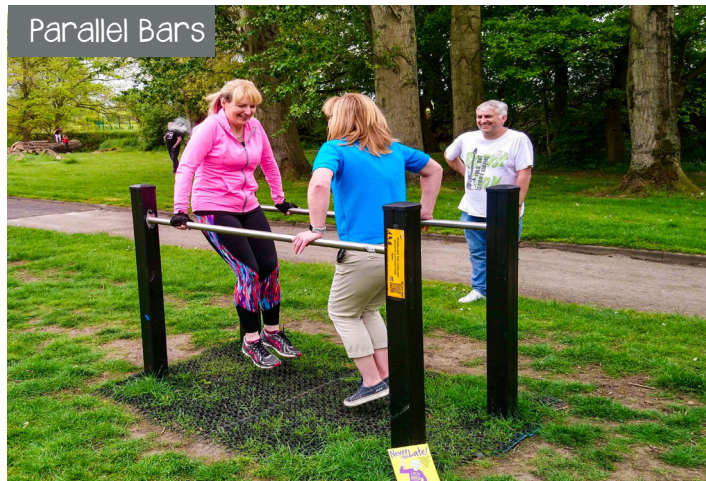
Monkey Bars



Horizontal Bars



Parallel Bars



## Trim Trail

The trim trail range can be used to create circuits, in line with the physical ability and fitness goals of the target user groups. Adults will most frequently use the equipment for warm-up sessions, stretching and improving general fitness levels. Younger users can equally use the equipment to develop motor skills and undertake physical challenges.