



Harrow Lodge Fitness

A New Fitness Space for The Community

Client: London Borough of Havering

Address: Hornchurch Road, Hornchurch, London, RM11 1JU

Budget: £70,000

Age Range: 14+ years

Project Story

The park area within Harrow Lodge needed a fitness offer that matched the wide demographic of users in the area. This included an Outdoor Gym plus a Parkour offer. Local Parkour enthusiasts had lobbied for some time to have a Parkour facility in the South of the Borough. Following a first phase consultation, Proludic were selected to work with them in partnership with Natural Sports to provide a facility that matched their requirements.

A detailed second phase consultation was carried out where the requirement for the gym was satisfied by a facility which was located adjacent to the pathway leading into the park. The greater proportion of the budget was allocated to the new parkour facility. Proludic and Natural Sports set up a consultation evening during which the local Parkour users attended and drew out their specific needs. This was then translated into a design and is now successfully installed.



After



The Key Benefits to Parkour:

1. Full body workout
2. Promotes quick-thinking skills
3. Fosters creativity
4. Boosts confidence
5. Skill-related fitness
6. Builds core strength
7. Develops bone strength
8. Cardiovascular endurance
9. Reduces antisocial behaviour
10. Anyone can do it!



Parkour



Proludic Urbanix



Parkour & Gym



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

