



Memorial Park Outdoor Gym

New Outdoor Gym for Local Residents in Denaby

Client: Doncaster Metropolitan Borough Council
Address: Doncaster Metropolitan Borough Council
Budget: £10,000
Age Range: All Ages & Abilities

Case Study Video Here

Project Story

The Memorial Park Outdoor Gym in Denaby was installed last year following a funding collaboration between Doncaster Council and Well Doncaster. 'Well Doncaster' have a clear strategy to get residents of all ages more active.

Proludic Area Manager, Paula Appleton, was asked to support an event targeting 60's plus residents to raise awareness of the recently installed outdoor gym. This gym is one of the numerous ways 'Well Doncaster' are reaching out to the local community and aiming to help the over 60's remain active. An informal gathering was arranged to show this group of residents how to use the outdoor equipment effectively and get them coming back for more.

After



Before



We are all about helping people, whatever age group stay fit and active. We really want to encourage people to live a healthier lifestyle. Something like this where people don't have to pay membership fees and can work out outside can only be an asset to the local community. I think it is brilliant that this has been installed.



- Flur Holland, Volunteer for Fit Mum & Friends



Site Opening



Abdominals Bench



Design



Shoulder Press



Proludic Sports 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

