

Cassington Outdoor Gym

Making The Community Active

Client: Cassington Parish Council

Address: Cassington Sports & Social Club, Elms Road, Cassington, OX29 4DR

Budget: £10,000

Age Range: Toddler, Junior, Inclusive & Families

Case Study Video Here

Project Story

The Parish contacted several organisations who supplied outdoor gym looking for one type of gym equipment that will cater for all ages 14+. The Council and the Sports ground committee needed to decide the type of equipment that best suited the whole community, wanting to give the teenagers something to keep occupied as well as not providing over difficult equipment that the elder people of the community would not feel comfortable using.

The members of both the Parish and the Sports Pavilion found Urbanix was the solution, being the range of gym equipment that would cater for all ages with the ability to improve your fitness. As part of our proposal a site opening was included, and this was a great hit, it was part of a village event day. This included a local person trainer conducting a boot camp using the equipment. All the community visited and got a demonstration on how to use the Proludic Sport app to increase their knowledge on the equipment, exercise correctly and safely and how to get the most from their workout.

After

Before

“ We recently used Proludic equipment for our outdoor gym. The items are really easy to use and blend into our playing field environment perfectly and we especially like the app to monitor progress. The installation process was quick and went smoothly with the support of expert contractors. Annabel Brown from Proludic helped us throughout the whole process with creative suggestions such as how to position the equipment. Annabel went out of her way to support our official opening event with competitions, give aways and supporting our residents in how to use the gym. It's a fantastic addition to our village sporting facilities

- Suzi Lewis, Committee Member - Cassington Sports & Social Club

Opening



Chin Up & Dip



Give-aways



Proludic Urbanix



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.