

# Bridgford Park Fitness

CLIENT: Rushcliffe Borough Council  
ADDRESS: Bridgford Road, West Bridgford,  
Nottinghamshire, NG2  
BUDGET: £20,000  
AGE RANGE: Teenagers and adults

*"Proludic allows outdoor personal training sessions to be even more exciting and varied with the range of equipment, specifically made for fitness training, becoming available in parks. The variety of equipment allows us to perform different routines with each session."*

*Bridgette Jones, SNC Course Leader*



## THE CHALLENGE:

Bridgford Park is a focal point of the area and was in need of refurbishment. Rushcliffe Borough Council wanted to revamp the park so that the facilities catered for adults as well as children. With this in mind, a brief was set for outdoor fitness equipment that is free and easy to use whilst remaining durable and aesthetically pleasing.

## THE SOLUTION:

Proludic presented its Vitality range which is part of a larger social fitness offering, developed specifically to encourage fitness activities in outdoor spaces. The structures of the Trim Trail form a circuit where users can customise their workouts according to their ability. The project was completed in May 2011 and has been wonderfully received.

This green space is important to all the residents of West Bridgford and local organisations such as South Notts College (SNC) who use the facilities regularly with their students for practical sessions.





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