

Outdoor Gym Equipment Trail



Foxfield Country Park
Grange Park
2021

Foxfield's Country Park



Foxfield Country Park Gym Equipment Trail

- In December 2018 Grange Park Parish Council was awarded £43k for funding (allocated for long term health and fitness in Grange Park) for free exercise equipment to be installed to benefit the community and enhance the use of the country park.
- The Parish Council held two meetings (in November 2019 and January 2020) open to local residents (meeting were advertised on the Grange Park Community Facebook Page and the Grange Park Parish Council website). At the meetings the attendees agreed to the type of equipment for the outdoor gym (working within the budget for the project) and provided ideas on the preferred location of the equipment to be placed on Foxfield Country Park.
- Due to the COVID-19 outbreak in March 2020, the Grange Park Parish Council postponed the installation of the equipment on Foxfield Country Park. As the country comes out of lockdown and in line with government guidance, the Grange Park Parish Council has agreed to recommence the installation of the gym equipment in Spring 2021.
- This report has been prepared to provide local residents in Grange Park with further information on the type of equipment chosen for the Outdoor Gym Equipment trail on Foxfield Country Park along with the expected location of the pieces of equipment.



Type of Outdoor Gym Equipment selected

It was agreed that an outdoor fitness gym equipment trail would be best suited for Foxfield Country Park and would fit within the funding budget.

There will be 10 piece of outdoor gym equipment placed in 6 specific locations around Foxfield Country Park.

The following equipment has been selected:

2 Welcome Sign to provide further information on the trail along with emergency contact details. The signs will be placed near the 2 main entrances into Foxfield Country Park

Energy Hand Bike – This piece of equipment allows the user to charge their mobile phone or tablet whilst exercising

Equipment is provided and installed by

The Great Outdoor Gym Company

Pull Up / Assistant Pull Up
Leg Press / Bench
Cross Trainer / Spinning Bike
Dips / Leg Raise
Chest Press / Seated Row

Please visit

<https://www.tgogc.com/>

for further information and photos of the equipment



Layout of the Outside Gym Trail on Foxfields Country Park
 15/03/21



Installation of the Outdoor Gym Equipment

- Grange Park Parish Council (GPPC) anticipate the installation of the Outdoor Gym Equipment will take place at the end of April. Please keep an eye on the GPPC website and Grange Park Community Facebook page for further details.
 - Please be aware that during the installation of the equipment at Foxfield Country Park, the Great Outdoor Company will require vehicular access onto the park. During this period, please ensure you take extra care when using the park due to the installation work and vehicular movement.
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