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## Secondary School Outdoor Gym Equipment

01483 608860 [www.fresh-airfitness.co.uk](http://www.fresh-airfitness.co.uk)

making  
fitness  
fun!



# Why Fresh Air Fitness?



**We are the outdoor gym specialists. Our gyms provide innovative PE classes that supports learning and so much more...**

- ✓ Pupils will develop balance, co-ordination, build agility, cardiovascular and muscular strength.
- ✓ Improve physical literacy, social interaction and build confidence in the use of adult style exercise equipment.
- ✓ Gyms can be used for lessons, circuits, group work, clubs and competitive training.
- ✓ Lesson plans are also available to support your staff.
- ✓ We have the largest range of equipment for Key Stages 3, 4 & 5 in the UK.
- ✓ All equipment is compliant with EN16630 and EN1176.
- ✓ We have successfully installed over 1300 gyms across the UK.

**Need funding? We can help, call us for more information.**



See our full range [www.fresh-airfitness.co.uk](http://www.fresh-airfitness.co.uk)

## An Outdoor Gym?

- ✓ Use during PE lessons or as part of general break time
- ✓ Encourages health and fitness in a safe environment
- ✓ Provides a fitness facility at low cost
- ✓ Creates an additional outdoor classroom
- ✓ Meets OFSTED requirements to make good use of land
- ✓ Provides a training facility for teams and sports clubs
- ✓ Introduces pupils to gym style exercise
- ✓ Encourages social interaction
- ✓ Makes exercise fun!

“ I would recommend Fresh Air Fitness to any school. The installation process occurred when the school was “live” and at no point were there any safeguarding concerns. The equipment is well used and enjoyed by the pupils and compliments the sports programmes running in the school. I have been HOD PE for 20 years and this is one of the best long term legacy projects I have seen, it will outlast us all! ”

Mike Finnie HOD Newman Catholic College London

25 year  
warranty