

Park	Postcode	Directions	Asset Name	Toilets on site
Abbey Park Adult Gym	LE4 5AQ	situated between the café and the play area	16 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	Yes
Astill Park Outdoor Gym	LE4 1BD	off Bennion Road, next to the play area	9 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No
Aylestone Playing Fields Outdoor Gym	LE3 2FD	off Braunstone Lane East, next to the play area	8 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No
Barfoot Road Outdoor Gym	LE2 6TJ	at the junction of Barfoot Road and Little Garth	6 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No
Beaumont Park Outdoor Gym	LE4 1EZ	off Beaumont Way, near Gilmour Close (at the rear of Tesco)	12 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	No
Bede Park Outdoor Gym	LE2 7HN	off Western Boulevard, behind Tesco	14 items of outdoor gym equipment and a Calisthenics frame, offering opportunities for cardiovascular, strength and resistance training	No
Braunstone Park Outdoor Gym	LE3 1EG	off Braunstone Avenue	20 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	Yes
Cossington Street Outdoor Gym	LE4 6JD	off Cossington Street, near to the library	16 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	Yes
Craven Rec Gym & Trim Trail	LE4 9BH	off Swainson Road	4 items of outdoor gym equipment and a trim trail offering opportunities for cardiovascular and resistance training	No

Exchange Park Outdoor Gym	LE2 9DB	off Sturdee Road (opposite The Exchange)	10 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	No
Evington Park Outdoor Gym	LE5 6DE	off Cordery Road (opposite Evington House)	9 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	Yes
Fosse Recreation Ground Outdoor Gym	LE3 5RR	off Fosse Road North	14 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	No
Hamilton Outdoor Gym	LE5 1SW	off Topaz Way	9 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No
Hastings Road Adult Gym	LE5 0NH	off Brodick Walk (next to play area)	7 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No
Humberstone Park Outdoor Gym	LE5 4DG	off Uppingham Road, next to the tennis courts and next to the play area (two separate areas)	15 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	Yes
Jesse Jackson Park Adult Gym	LE4 7RR	off Troon Way, at the rear of Sainsbury's	8 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No
Knighton Park Adult Gym	LE2 3RJ	off Palmerston Way, close to the toilets	13 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	Yes
Langley Walk Adult Gym	LE4 2AZ	off Langley Gardens and Kingsthorpe Close, (next to the play area)	6 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No

Meadow Gardens Outdoor Gym	LE2 6QL	off Meadow Gardens, on the opposite side of Windley Road from the play area	14 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	No
Montrose Road Outdoor Gym	LE2 8SJ	off Matts Close	8 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No
Nelson Mandela Park Outdoor Gym	LE1 6YT	off Lancaster Road, opposite the play area	15 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	Yes
Nether hall Adult Gym	LE5 1DR	close to the Nether hall Road/Armadale Drive junction (underneath the trees)	6 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No
Rally Park Outdoor Gym	LE3 5JH	off Tudor Road, close to the BMX track	15 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	No
Rushey Fields Outdoor Gym	LE4 7AN	off Melton Road, next to the Police Station	14 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	No
Ryder Road Outdoor Gym	LE3 6UL	close to the Ryder Road/Fulford Road junction (near to Tesco)	3 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No
Spinney Hill Park Adult Gym	LE5 5BP	off Park Vale Road, opposite the Egginton Street junction	17 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	Yes
St. Matthews Park Outdoor Gym	LE1 2HR	off Willow Street, opposite the What Cabin	8 items of outdoor gym equipment offering opportunities for cardiovascular and resistance training	No
Towers Park Outdoor Gym	LE5 0BH	off Victoria Road East, close to the former Towers Hospital	15 items of outdoor gym equipment offering opportunities for cardiovascular, strength	No

			and resistance training	
Victoria Park Adult Gym	LE2 1ND	between the Pavilion, war memorial and play area	14 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	Yes
Western Park Outdoor Gym	LE3 6HX	next to the bowling greens	16 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	Yes
Willowbrook Park Adult Gym	LE5 2NG	off Thurncourt Road, close to the play area	15 items of outdoor gym equipment offering opportunities for cardiovascular, strength and resistance training	No