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# Outdoor fitness



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## Gyms

We have outdoor gyms at [Aycliffe Park](#), [Ripon Park](#) and Meadow Park in Borehamwood, [Parkfields](#) in Elstree, [King George Recreation Ground](#) and the [Moatfield](#) in Bushey and [Oakmere Park](#) and Willow Way Open Space in Potters Bar.

Great ways to get fit for free in the fresh air!

## Running routes

At Oakmere Park and Parkfield in Potters Bar and in King George Recreation Ground in Bushey there are 1km running routes - follow the red marker posts and beat your time!

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