

# Parkour Generations

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We don't believe in just 'exercise': at Parkour Generations we train people the way their primal body is meant to be trained – through adaptation, practical movement skill acquisition and raw physicality. Our system is designed to increase the capacity of not just our muscles and joints, but our brain and nervous system as well. A more robust system means fewer injuries, more freedom of movement and greater enjoyment of life.

Situated in the UK's first and only dedicated parkour/freerunning centre and functional movement gym.

## Who to contact

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## Where to go

<b>Name of venue</b>	Chainstore Gym & Parkour Academy
<b>Venue address</b>	Trinity Buoy Wharf London
<b>Postcode</b>	E14 0JW
<b>Additional Notes</b>	Situated in East London just minutes from Canary wharf and right across the river from the iconic O2 Arena.