



Press Release – For immediate release

Free fitness for Feniton

From Thursday 20th January, Leisure East Devon in association with the Active Villages programme will provide the residents of Feniton and neighbouring communities the opportunity to take part in a free aerobics session on a weekly basis. These sessions will take place in the Main Hall of Feniton Primary School on Thursdays 6.00-7.00pm.

The Programme will bring exercise classes to the villages, as travelling into towns can sometimes be difficult for some residents. Leisure East Devon's outreach manager Mike Anderton believes that these classes will benefit the whole community as well as promote an accessible healthier lifestyle.

"The Active Villages programme will enable residents of all ages to get involved in leisure and sports. It will provide residents the opportunities to socialise and generate a unique bond between those attending, bringing village closer together."

Devon Active Villages is a countywide programme co-ordinated by Active Devon and delivered by a network of local partners. It seeks to support rural communities to develop long-term sports opportunities which enable people of all ages to experience the fun of sport and build upon being active and healthy, as well as having fun. The programme aims to increase sports participation in Devon's rural communities by supporting village based opportunities.

The Leader of Devon County Council, John Hart, said: "Devon County Council has worked closely with Active Devon on the bid and will be contributing £360,000 to Devon Active Villages over a three year period. Our villages often lack the opportunities available to those who live in our towns and cities. This programme will provide many more people with the opportunity to enjoy a wide variety of sports and at the same time help improve levels of health and fitness." For more information visit www.activevillages.co.uk or contact Mike Anderton: 01297 35235

ENDS

NOTES TO EDITORS

Leisure East Devon Ltd is a charitable trust established on 1 January 2006 that manages East Devon District Council's leisure facilities under a 30-year lease. Please see: www.ledleisure.co.uk for more details.

The facilities are: Axe Valley Leisure Centre; Broadclyst Leisure Centre; Colyton Leisure Centre; Ottery St Mary Leisure Centre (Colin Tooze Sports Centre); Exmouth Tennis & Leisure Centre; Exmouth Swimming & Leisure Centre; Exmouth Pavilion; Exmouth's Phear Park; Honiton Swimming & Leisure Centre; Seaton's Seaford Gardens; Sidmouth's Coburg Road Gardens; Sidmouth Leisure Centre & Sidmouth Swimming Pool.

For more information, please contact:

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