



August 29 2008

Free fitness fun for Honiton and Ottery

Honiton residents are set for a day of free sports and activities on 6 September when local leisure centres host action packed open days.

Honiton Swimming and Leisure Centre and nearby Ottery St Mary Leisure Centre will be running taster sessions and demonstrations of a variety of sports and leisure activities between 10am and 2pm. The centres, which are managed by Leisure East Devon (LED), are set to offer a host of fun activities to try out from belly dancing to badminton, Tae Kwon Do to table tennis. Specialist health instructors will also be on hand to show new guests around the well-equipped gyms.

As well as the free activities, visitors will have the chance to enter a draw to win a 12-month Gold membership worth £300, and the joining fee will be waived for those who decide to become members on the day.

“We hope our open days will appeal to people who perhaps aren’t regular gym-goers and show just how much variety there is on offer,” said David Pagett, Chief Executive of LED. “Team GB’s success at the Olympics has highlighted the variety of sports that are out there and will have inspired many young people and adults to get active. The open days on 6 September are the perfect opportunity for people to try out different sports and activities, and find something that they enjoy.”

Honiton Swimming and Leisure Centre’s open day highlights will include Tae Twon Do demonstrations, a Go Kart Grand Prix and free swimming including a Fun Splash session. There will also be a belly dancing taster class and PowerPlate demonstrations in the gym – a chance to see the celebrity favourite workout machine in action.

Ottery St Mary Leisure Centre's free programme includes studio cycling, aerobics and junior trampolining, as well as pilates, Latin DX, a Kidzmix Fun Session playscheme and much more. There will also be free fat and lung function tests on offer in the morning – the perfect opportunity to find out how fit you really are.

For full details of the timetable of free sessions and demonstrations, visit www.LEDleisure.co.uk/opendays2008

Places on many of the taster sessions are limited so to book a space call 01404 814317 for Honiton or 01404 814317 for Ottery St Mary, or simply pop along to one of the centres to watch some of the exciting demonstrations.

LED is a charitable trust that operates leisure centres, parks and the Exmouth Pavilion. It employs more than 300 staff at 13 facilities.

Ends

Notes to editors:

1. Leisure East Devon Ltd was established on 1 January 2006. East Devon District Council's leisure facilities and equipment assets are leased to it.
www.ledleisure.co.uk
2. The facilities are: Axe Valley Sports Centre; Broadclyst Sports Hall; Colyton Sports Centre; Colin Tooze Sports Centre (Ottery St Mary); East Devon Tennis Centre; Exmouth Sports Centre and Swimming Pool; Exmouth Pavilion; Exmouth's Phear Park; Honiton Sports Centre and Swimming Pool; Seaton's Seafield Gardens; Sidmouth's Coburg Road; Sidmouth Sports Centre and Sidmouth Swimming Pool.

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