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## **Tennis centre to serve up new gym**

Exmouth is set to get a brand new workout facility at its already popular Tennis and Leisure Centre at Withycombe Village Road. Leisure East Devon (LED), the charitable trust that manages a number of leisure facilities throughout east Devon, including the tennis centre, has installed a new state-of-the-art gym and has also announced plans to revamp the café area into the fresh, healthy new Centrecourt Café & Bar.

Existing members of the tennis centre have been enjoying sneak previews of the new facility, which is due to be launched on 10 November. The centre is a specialist tennis facility so some of the workout equipment has been specially designed to benefit racquet sport fans. However, the variety of kit available also makes the gym an ideal outlet for general fitness enthusiasts. There will be a host of new modern workout stations focusing on sports mobility, toning and floor work, with each cardiovascular machine having its own TV with Freeview. A sure-fire favourite with members is set to be the PowerPlate – a favourite with celebrities like Madonna and Cristiano Ronaldo, the workout machine gives the equivalent of a 60 minute workout in just 10 minutes.

“As a former tennis player myself, I know how important it is to work on your general fitness and muscle tone as well as practising your shots and tactics,” said Jo Louis, manager of Exmouth Tennis and Leisure Centre. “With the installation of the gym, the centre has been transformed into a ‘total tennis experience’. Members can come and enjoy a workout, play a few games and wind down in the healthy new café area. Of course, we’ll be welcoming non-tennis members too – the gym’s flexibility means that it’s a great choice for

anybody who wants to get fit and the TV screens on each machine will definitely help keep boredom at bay.”

The centre will also welcome a new retail area, stocking a range of tennis equipment and workout accessories. LED’s investment in revamping the Exmouth site follows a successful refurbishment at Honiton Swimming and Leisure Centre earlier this year, where a 65 square metre extension, equipped with the latest fitness equipment, has resulted in almost 2,000 extra visits in August 2008 compared to the same period last year.

As well as preparations being well underway for the new gym, October sees the official opening of the newly refurbished gym at Honiton. To coincide with these events, LED has announced that the usual membership joining fee will be waived across the region for those who book an induction and sign up to become a member of any of their east Devon centres between 7 and 19 October. This includes Exmouth Swimming and Leisure Centre and Exmouth Tennis and Leisure Centre.

To take advantage of the no joining fee offer, or to be one of the first people to have an induction or tour of the new gym and revamped centre in its opening week, call Exmouth Tennis and Leisure Centre now on 01395 223355. To book an induction or for more information about Exmouth Swimming and Leisure Centre, call 01395 266381.

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](http://www.ledleisure.co.uk)
2. The facilities are: Axe Valley Leisure Centre; Broadclyst Leisure Centre; Colyton Leisure Centre; Ottery St Mary Leisure Centre (Colin Tooze Sports Centre); East Devon Tennis Centre; Exmouth Swimming and Leisure Centre; Exmouth Pavilion; Exmouth’s Phear Park; Honiton Swimming and Leisure Centre; Seaton’s Seafield

Gardens; Sidmouth's Coburg Road; Sidmouth Leisure Centre and Sidmouth Swimming Pool.

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