



June 3 2008

Get fit for summer at 'new' Honiton gym

Honiton gym has reopened to give residents the chance to get that beach body in time for the summer.

The 65 square metre extension sees 42 new exercise stations for members to use, including an increased number of rowers, cross trainers, bikes, stair climbers, and, the celebrity's favourite, the Power Plate. Extra pieces of resistance equipment using weights have also been provided.

Leisure East Devon (LED), which manages 13 sports centres and leisure facilities, is offering the Power Plate as just one of many exciting new features in the refurbished and upgraded gym at Honiton Sports Centre, which reopened on June 2.

Each cardiovascular machine has its own TV screen with Freeview and there is a large plasma screen in the fitness suite.

LED chief executive David Pagett said: "We are confident our investment at Honiton, especially with the Power Plate, will encourage more people to use the Sports Centre and keep fit. The new equipment and more exercise space makes the gym an even better place to stay in shape."

Instructors will be on hand to help with equipment use and give advice on getting the most out of them.

The gym continues to offer PULSE, the GP referral programme, and the Body Design weight loss programme for those needing guidance on goals and healthy eating. The Show Around initiative also continues for people who would like to come in and ask questions about the sports centre and equipment.

For information on gym memberships or to book an induction session with our fitness trainers please contact Vladka Juroskova and Matt Payne on 01404 42325.

Ends

Notes to editors:

1. Picture caption – Honiton Running Club vice president Alan Rowe gets into shape for his next marathon challenge.
2. 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
3. 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.
4. Honiton Sports Centre is in School Lane. Contact no. is 01404 42325.

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